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68

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CONTENTS

FAMILY HUME EVENING	
Family Home Evening Section	3
The Need for a Family Home Evening	j 4
Visiting With LDS Families	6
Why Family Home Evening	10
Aaronic Priesthood Youth on Home	
Evening	12
Recipes for Home Evening	14
Games for Home Evening	16
ARTICLES	
Prize Winning Short Stories 18 and	71
Editorial Roundup	24
Chastity	26
Cultivate Spiritual Attributes	30
Seek Kingdom of God	34
Time For Testing and Teaching	38
Interesting People	58
CHILDRENS PAGES	

Children	invited	to	Submit	Items
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Things to Make

NEM2	
Mission News	4
Stake News	Δ.

SPECIAL

A Doctor Speaks On Fasting	76
Testimony	64
Plans Told for Two New Temples	66
Analysis of Church Membership	67
Conversion	70



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Cover Picture

From This England Cadgwith Cove

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by Elder William Steiner

Chester Branch, Wales North District

When you say to journel, the going is tough Of my lifes mission partitive had jurie enough. Think back to those Saints in the not too far partitive courage and faith won the battle at last

From Nanvoo fled they in the last com light
Many children were born that her adous nine
As they crossed over the period allowed, there
With hearts full of salliess and souls in despuir

Across the plains they fearlessly troo
Their eyes fixed on heaven their minds fixed on God
Many died and were buried right where they lay
Nobody to mourn them but those gone away

When you say to yourself the going is touch Of my lifes mistion call I've had quite enough Think back to those Saints in the not too far past Whose courage and faith won the battle at last.

The Family Home Evening Section





DID YOU HOLD A HOME EVENING THIS WEEK?

by Monitor C. Noyce

Make it a weekly habit.

Latter-day Saint parents are encouraged to recognize and fulfill their responsibility for teaching and living the Gospel in the home, through love.

Organized to aid and assist them in this challenge is the Church with its priesthood and auxiliary programmes.

The Lord has directed in modern day revelation that Latter-day Saint parents have the the full responsibility to "teach their children to pray and walk uprightly before the Lord." (D&C 68:25-28)

The Church auxiliary programmes are supplemental and support the teaching children are to receive in the home.

It is most important that prayer and preparation precede the giving of the Family Home Evening lessons. It is just as important as when one would prepare a lesson for a class in Church.

Since the character of a child is formed principally during the first twelve years of his life, President David O. McKay has asked that parents in the Church "practice more self-control in our homes; that we shall control our tempers, our feelings, and our tongues, that they may not wander beyond the bounds of right and purity."

His counsel continues:

"Home is the best place for the child to learn self control, to learn that he must submerge himself for the good of another. It is the best place in which to develop obedience which nature and society will later demand.

"Homes are more permanent through love. Oh, then, let love abound. Though you fall short in some material matters, study and work and pray to hold your children's love. Establish and maintain your family hours always. Stay close to your children. Pray, play, work and worship together.

"This is the counsel of the Church.

"Would you have a strong and virile nation?—then keep your homes pure. Would you reduce delinquency and crime?—then lessen the number of broken homes. It is time that civilized people realized that the home largely determines whether children shall be of high or low character. Home building, therefore, should be the paramount purpose of parents and of the nation."

Make your Home Evening a happy event, one that every member of the family will look forward to with anticipation. Let the children aid in its planning and conducting. One week let the children do all the preparation, including the programme and the easy-prepared refreshments. It is from this

nucleus they will grow and mature into strong, capable young men and women with the desire and the ability to be active in the Church, in society and to develope into leaders.

This year's Home Evening manual prepared by the Church contains 45 lessons, leaving seven weeks during the summer vacation season when more home evening activities of a recreational nature may be planned by the individual families.

Speaking from personal experience I know that families who consistently plan and hold home evenings will find that they are blessed by applying the lessons taught in their lives, children will adhere to the principles, be active in the Church and a strength and a blessing to their parents.

We reiterate what President McKay has said:

"No other success can compensate for failure in the home."



Visiting with LDS Families At Their Home Evenings



(A member of the Millennial Star editorial staff recently visited several home evenings held by families in the Luton Ward of the London Stake. Herewith are some observations from those visits.)

★ The John Hood family of Hemel

Hempstead have established their Home Evening on London Stake's suggested Thursday evenings. Busy salesman Bro. Hood endeavors to be home by 6 p.m. on Thursdays so that his four daughters will not be up later than their usual school bed time.



Sister Hood of Luton Ward uses chart to give the Family Home Evening lesson on the Holy Ghost to family and friends.



Refreshments are served by the four children of Bro. and Sis. John Hood. From left are Sara, Rachel, Anna and Debra.

Sara, the eldest daughter, planned the programme on this particular evening. She was joined by her sisters Rachel, Anna and Debra. The latter two attend a pre-school nursery. The children sang and danced as part of the programme.

Sister Hood, a teacher in the ward Junior Sunday School, taught the lesson on the Holy Ghost, using a flannel board to keep the attention of the young children and present the pertinent facts.

Afterward, Sister Hood commented that "the children like Home Evening. They look forward to it and several times during the week the younger ones in particular want to know when it will be held. Occasionally when Bro. Hood is detained and unable to make it home in time for the Home Evening

the children say, "you didn't come home as you promised."

Sister Hood usually makes some special treats, with the children sometimes assisting her. The children quite often arrange and conduct the evening's programme.

Bro. Hood, the executive secertary for the Home Teaching programme of the ward, said, the children "are very fond of Home Evening. I feel it is the extension of the Sunday School in the home."

The Ab Leeuwenburgh family of Little Gaddison, north of Hemel Hempstead have their Home Evening each weekend. Ouite often it is held Saturday evening and occasionally Sunday



A trip through the Holy Land at Easter time has excited the Ad Leeuwenburgh family of Little Gaddison (Luton Ward). Sis. Leeuwenburgh made the map and assembled the pictures which has the children eagerly awaiting the holiday.

evening, the time arranged to fit a busy schedule.

Bro. Leeuwenburgh, an electrical engineer, has heavy responsibilities with a large pipeline construction project and his arrival at home is unpredictable. He recently was appointed first counselor in the Elders Ouorum presidency, a position which also requires much of his time and Sister Leeuwenburgh is a Sunday School teacher. They are natives of Holland, emigrated to Canada

and have been in England about three years.

Often a part of the Home Evening is turned over to a "practice or rehearsal" period for the children to present their talks they will give later in the ward Sunday School or Sacrament Meeting. This has been a fine idea for aiding the children in presenting their talks.

The family is going to the Holy Land during the Easter holiday. Sister Leewenburgh made a large map, with

Family Home Evening

pictures, to help the children visualize where they will be travelling.

The Leeuwenburgh children also look forward to Home Evening and especially to the weekends when the family can be together. Since there are many beautiful areas in the woods and hills surrounding the home, often the family takes walks into these areas to enjoy God's great gift to mankind through Mother Nature.

Sister Pam Ratcliff and Sister Connie Tait often combine their home evenings sharing in the programmes. Sister Ratcliff is ward chorister and Sister Tait, Cultural Refinement teacher in the Relife Society.

Much singing is experienced at these Home Evenings. Sister Ratcliff believes one sure way Latter-day Saint families can "Back Britain" is by conducting regular Home Evenings where children can be taught to grow and develop into "responsible citizens and leaders in the Church and nation. Children are the backbone of the nation and need to be shown the way through love," she said.



Practising talks before the family is a special part of Family Home Evenings in the Ad Leeuwenburgh family. Freddie takes his turn.



★ We have just finished our home evening programme with our family and the smaller ones are off to bed. We can hear the commotion as they scuffle and play as their mother turns down the covers and readies the bed for their comfort. Finally there is the silence of quiet slumber and mother rejoins us before the fireplace.

"Why do we have home evening?" asks our fifteen-year-old. She has been a little resentful of the smaller children tonight. They have been restless and it has been difficult to hold their interest for long.

"Why do we have homes?" We counter. "Why not turn our children over to state nurseries at birth. In that way we would have no worries. It is one of the things we do because we have the Gospel. This means that the Lord has revealed to us our place in His creations and His plans and purposes with regard to us.

"Before we joined the Church our home was a place to eat and sleep. Our purpose was to entertain ourselves to escape boredom. Manners and cultural refinement were gauged on our station in life. Children were to be tolerated—one brought them into the world so one must feed them and rear them.

"Things are different now. We now know that we are one unit of a divine family. We have our place in that family with a promise that we may become like our Father in Heaven if we will honour that family. The Eternal Father has made some rules for us to obey in order to achieve this goal.

"First, we must desire to obey Him in righteousness, that is, we must want to keep His commandments. Then we must strive with all our strength to do so. We think of commandments as the ten given on Sinai or the sermons of the Lord on the Mount and on the plain, but there are others revealed in this

last day which are additional. These have to do with homes and parents and children.

"One of these is that parents should teach their children the true principles and to love their Heavenly Father and His Son, Jesus Christ. Then they should teach the children to obey the commandments which lead to eternal life. This is done in the home by the father and mother.

"Another truth revealed again in this last day is the fact that the man is the head of his house, in the priesthood, as well as by the law of the land. That is, he presides. This has been known for ages, but the basis of it has been long forgotten. Now we know that as head of the home he presides with love, by persuasion and long suffering, never by command, or demand, or coercion. If he coerces, the Lord withdraws his priesthood authority from

him as long as he persists in that way of family control.

"There are ancient laws which are in force in the Gospel. Children obey their parents and honour them, and parents rear children in the way they should go.

"And that is why we have home evening. We teach the Gospel; we practice love, obedience, patience, and doing good to one another of our brothers and sisters. And in doing this we learn to honour father as the head of the house. We look to him for advise and counsel. We learn that mother stands with him and is also honoured. respected and loved. By doing this we learn to love our Father and our Saviour also, because we have done it unto one another in righteousness. He has said that what is done in righteousness and kindness to one another is done unto him."



Aaronic Priesthood Youth Appreciates Home Evening

by Ralph Christensen

Hyde Park Ward, London Stake



★In evaluating the effect that Family Home Evening has had in my life, many ideas come to my mind. First of all it has helped to teach us to achieve a greater feeling of family unity within our home. I have learned much more about the Gospel through our lessons and discussions and have enjoyed the opportunity of sharing my knowledge and ideas with the other members of my family.

The activities suggested in the manual are interesting, and often help by reminding me throughout the week of the goals which we are striving to reach.

Members within a family have many and varied activities to accomplish during the week. These activities send us into different directions and different lines of thought. It is good to keep a special time during the week for the entire family to be together with one thought in mind---to learn more of Christ's principles.

During the past year I have learned and appreciated the importance of these occasions. My brothers and sisters have been living away from home and having two of them back for Christmas has brought back the true joy of the family.

The Family Home Evening manual, I feel, has been very well planned. It puts the principles of the Church forward in a very interesting manner. It's lessons are easily understood by the youngest member to the oldest. Every member of the family is able to put forward his ideas on a subject. The activities give each of us the opportunity to carry out Christ's teachings in a fun and interesting way.

In conclusion, I would like to urge all families to have their home evenings. I believe they will find it a very rewarding experience, as I have.

NEWS!!

INFORM Your Stake or Mission MILLENNIAL STAR REPRESENTATIVE of news about your auxiliary or priesthood quorum activities Help us make this Your Church Magazine In Great Britain — Read The



RECIPES FOR YOU



For Your Family Home Evening

FAMILY HOME EVENING SPECIALS

★ Good food adds immeasurably to the pleasure of any social gathering. Our fondest memories as children are often of the delectable offerings from mother's kitchen.

A special dessert served after the Family Home Evening lesson will enhance the joy of being together and add to the store of your children's choice memories.

Chocolate Cake

This recipe is made right in the pan in which it is baked. Thus, there are no bowls to wash up and it is quick to put together. It should be served directly from the pan.

- 6 oz. flour
- 8 oz. sugar
- 3 tablespoons cocoa
- 1 tablespoon baking soda
- teaspoon salt
- 6 tablespoon cooking oil (melted shortening may be used)
- 1 teaspoon vanilla
- 8 oz. water

Sift dry ingredients into ungreased pan. Make three holes in the flour. Put oil in one, vinegar and vanilla in the others. Pour water over the top. Beat with a fork until well mixed and smooth. Bake 35-40 minutes in a moderate oven, 350°. Ice with your favorite vanilla icing.

LEMON DESSERT

Butter a spring form, 8 to 9 inch pan. Line bottom with Boudoir Fingers. Dissolve 1 package of lemon jelly in one cup boiling water. Set in refrigerator until it begins to thicken. Whip 1 large tin of well-chilled evaporated milk to the consistency of whipped cream. Add 4 oz. of castor sugar. Remove jelly from refrigerator, add juice of one or two lemons. Fold in whipped mixture and beat all together. Pour a little into the pans. Line the sides of the pan with more Boudoir Fingers. They will stand up on the sides if they have some of the jelly mixture in the bottom. Pour the rest of the jelly mixture into the pan. Chill in refrigerator. Top with a layer of whipped cream before serving. Cut in pie shaped wedges. Serves 11.

AMBROSIA PUDDING

- 1 pkg. instant vanilla pudding
- 3 cup orange juice
- 9 oz. crushed pineapple. (If you can't buy pineapple already crushed, buy the pieces and chop them)
- 1 cup heavy cream, whipped

Vanilla biscuits

½ cup coconut, toasted

Prepare pudding according to package directions except use 2/3 cup orange juice for the liquid. Add pineapple. Fold in whipped cream. Pile in six sherbets and tuck biscuits around sides. Chill and top with coconut.

Try These Games

On Your Family

Home Evening









YOU MUST NEITHER FROWN NOR LAUGH

* This game shows how hard it is to keep what you feel inside from showing in your face. The players sit in a circle. The one who is "it" has a stick of some kind; it may be a yard stick or a broom handle, etc. He stops in front of any player he chooses. No matter what absurd question he asks. the player must answer, "I will," with a sober face. The rest of the players let their faces express their enjoyment by laughing. "It" taps his stick on the floor three times and says:

Here comes an old witch with a stick for a staff, And you must neither frown nor laugh, But say right out. "I will."

Then "it" asks a question which he thinks will make the player laugh or frown

For example:

Will you eat a fuzzy green caterpillar for refreshments?

Will you stand on your head in the middle of main street tomorrow?

Will you please walk backwards and forwards at the same time?

Will you report to daddy (mother) that you stole a pig yesterday?

Will you put a live mouse down your own neck?

Will you do a dance on rotten eggs?

If in several questions "it" hasn't made the player laugh or frown as he answers, "I will," he tries another player. When a player's face shows anything but quiet soberness, whether he laughs or looks horrified, he becomes "it."

As you explain the game it might be well to have each player think of some good questions which will cause laughter, because the game must move fast. Perhaps you should be the first "it."

How Faces Reveal Feelings About Spiritual Matters

Faces not only reveal how we feel about everyday things, but they reveal how we feel about spiritual things. The following "scripture chase" verifies this. The word countenance is often used in scripture instead of face.

Scripture Chase

Choose references from the following lists. Each person should have his copy of the standard works by him. Give one reference at a time. The person who finds it first may read it unless he has already had a turn and others have not.

Genesis 4:5. 6.

Daniel 5:9.

Matthew 6:16.

Nehemiah 2:2, 3.

Acts 6:14, 15 (Stephen's trial).

Exodus 34:29, 30.

Mosiah 13:5.

Matthew 28:2, 3,

Joseph Smith 2:32 (Angel Moroni—read only first sentence).

Matthew 17:1,2.

III Nephi 19:25.

Doctrine and Covenants 110:3. (Find and read the line describing the face of the Saviour.)

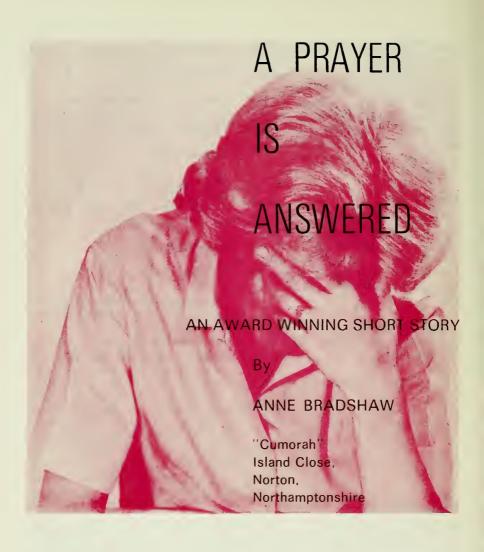
Doctrine and Covenants 93:1.

WHAT IS HOME?

★ A roof to keep out the rain. Four walls to keep out the wind. Floors to keep out the cold. Yes, but home is more than that. It is the laugh of a baby, the song of a mother, the strength of a father. Warmth of loving hearts, light from happy eyes, kindness, loyalty, comradeship.

Home is the first school, and the first church for young ones, where they learn what is right, what is good, and what is kind. There they go for comfort when they are hurt or sick. Where joy is shared and sorrow eased. Where fathers and mothers are respected and loved. Where children are wanted. Where the simplest food is good enough for kings because it is earned. Where money is not so important as loving kindness. Where even the tea kettle sings from happiness. That is home. God bless it.

Madame Ernestine Schumann-Heink



★ "Why me?" whispered Wendy, as she lay in bed that night. "Why should I have to be born into this family? Why should my father accept the Gospel and my mother not, it just doesn't make sense."

She lay puzzling for some hours before sleep finally came. That evening the family had had the biggest argument she could remember — it had been terrifying to the young 14 year old girl — she had felt the safety of the family unit crumbling and the awful fear had begun to creep into her mind that perhaps parents who parted and families who split up didn't just happen to 'other people' after all — suppose she and Robin, her three-year-old brother, suffered from the same

Short Story

fate. The thought was too horrible to bear.

who's right anyway?" "And she believe thought. "should her father who found truth and satisfaction from the Gospel in which he so strongly believed, or should she believe her mother, who tried to disprove every point that was raised?" The problem seemed even more urgent now, as is usual in those hours of darkness and solitude before sleep, and it became enlarged in her mind to the extent that her final thoughts before sleep were determination to do something about the situation herself.

Ron Thomson sat in front of the glowing coals as they died in the grate. Although the tick of the clock sounded hollow in the corner of the quiet room he didn't even hear it, so deep and tangled were his thoughts.

"Just where've I gone wrong?" he asked himself again and again. He'd tried love and patience for two long years now. He'd prayed persistently for the help he needed to bring the beauty of the Gospel of Jesus Christ into his wife's life—his love for her was still great, though very despairing at the thought of the apparent impossibility of ever joining with her in the glory of Temple marriage, and of losing her for time and all eternity because of her failure to see clearly the path of truth.

He worried about the children too—he knew all too well the dilemma a young teenager suffers when confronted with the struggle of loyalties. He remembered his childhood with distaste. The horrors of alcohol had caused the eventual split in his home life and he had always vowed from that day that nothing like that was ever going to happen to him and his family. And yet, now that he'd found reality in Jesus

Christ's Church, which he couldn't possibly renounce when he knew from the depth of his heart that here was truth at last—yet because of this his family were being divided.

"Why, why?" he whispered. "It just doesn't make sense." As the last little flickers of flame licked around the dusky embers his head bowed in pleading prayer to his Father, that he might be granted an answer this time.

Maureen Thomson found sleep very difficult too, as she lay pondering in the darkness of the bedroom. Normally she didn't think twice about the many discussions she and Ron seemed to get involved in regarding the Church-in fact she sometimes rather enjoyed the mental exercise of trying to outwit him with her constant arguments. She didn't even really believe her own point of view half the time, but was too proud to admit it. But this evening was different-this evening she had seen something in the face of her daughter that disturbed and puzzled her. She had seen the same sort of expression before in her youth when she remembered the many animals that had always been in her care at home. How vividly she recalled the day, now that her thoughts centred in the dreams of the past, the day when her eight-month-old puppy had been torn between two loyaltiesthe loyalty to herself as playmate and friend and the loyalty to her father as master of the house

"Maureen, you are not to take Gypsy with you" her father's stern words still echoed in her head even to this hour. "If you can't keep a promise then the dog is not to accompany you. You can think yourself lucky you're still going on the picnic."

After having brought out Gypsy's lead

and excited the animal with the thought of the outdoors, she was now confronted with a small appealing face with large soft melting eyes, expressing just that same feeling that Maureen had seen in her own daughter's gaze that evening.

It had never occurred to her before that this conflict over religion between herself and Ron could possibly effect their daughter's feelings "after all, what does a kid of fourteen know of such things" she thought. "There's plenty of time later for her to make up her own mind on that subject." And Maureen, not realizing just how wrong she could be, drifted into sleep, still with that vague sense of unrest and still haunted by a pair of huge bewildered brown eyes.

As the night slowly passed, there was only one member of the Thomson household who slept soundly—that was young Robin, whose three years of life had brought him few experiences to dream about, and those that were conjured up in his mind involved such wondrous things as snowballs that disappeared in his hands as they froze his fingers, and Daddy's car that moved both forwards and backwards without his even having to push! His sweet spirit was as yet untouched by the grownup problems of those nearest to him.

Ron, in utter weariness, had gradually sunk deeper into the armchair in the sitting room, and finally dozed into a restless sleep which brought him dreams in plenty. Strangely enough though, they weren't too bad, considering the nightmares he had been going through when awake. In fact he had one wonderful dream in which he saw his wife by his side in the Temple of the Lord. Their two children were also present and as the family knelt by the

altar they heard those words which Ron had prayed to hear for so long—words that sealed them together for time and all eternity. He saw the expression on his wife's face as she felt the same sweet impact of the moment and he knew that never had he experienced such joy and love. He could even see tears on Wendy's face glistening on the radiant glow of her cheeks as she gazed around at this, the family unit, secure in the blessing of eternal bonds.

The dream was so clear and so poignant that when he awoke it was with that feeling of happy anticipation that the events had actually taken place. His cramped position in the armchair soon brought him back to reality however, but regardless of stiff limbs he couldn't help but feel inspired in some way. It was as if at last something inexpressible was about to happen. His mood that day was very different from that of the past few months.

Mrs. Thomson awoke at intervals throughout the night, expecting each time to find her husband by her side, but not gathering enough energy to go down and remind him that bed was more comfortable than the armchair. She would probably have slept deeply if it hadn't been for the constant creaking of Wendy's bed in the next room.

"She really must be troubled" she thought, "there's normally no sound all night from Wendy, but that tossing and turning must mean something." It certainly did—poor Wendy's mind was working overtime. It seemed to recall events from the past two years in quick succession, but with extreme clarity. There was the picture of her father's baptism. Her mother hadn't gone with them, but Wendy had been allowed to take Robin in the pram in order to "give Mummy a rest for a while." Then there had been the plays, concerts, parties,

Short Story

sports evenings and enjoyment with young people of her own age such as she had never taken part in before in her life. She had gone along to one or two lessons with the crowd on Sundays, but more often than not her mother intervened on those days and insisted on Wendy's company on that one day a week at least. So it wasn't surprising that she had little real knowledge of the things in which her father believed, especially as discussions at home became so complicated that she tried her hardest to advoid being present when they were taking place. She never asked questions for this same reason and evaded all her father's attempts to encourage her interest.

The dream that took precedence over all the others remained with her the next day, however, was one in which she seemed to be involved in the middle of an earthquake-the town was unfamiliar to her, but the experience was terrifying. Every house she ran to was swallowed into the ground before her eyes, until she was left in the middle of the street surrounded by gaping holes. She could see her way clear to the untroubled part of the land, but the passage threading between the gaps would be treacherous. In panic she began the journey, not daring to look down anywhere but the actual path her feet were taking. The crunching, tearing sound of breaking mounds of rock, plus the screams of dving people. echoed and re-echoed around the great caverns that were still being created. Wendy's breath came in short gasps as she constantly fought to keep her balance and foothold on the shaking earth, and eventually, at last she could see the final stretch of ground left between herself and safety.

But as she gazed in relief, a strange shape began to arise from the swirling

dust—it formed the body of a man who placed himself right in the middle of that streach of land. With arms outstretched to provide a complete block across the passage, he began to speak.

"Wendy," he said, "behind you is great danger. In front of you is the way to security. Between the two, however, is a very important decision to be made. You must decide for yourself whether or not the Church your father belongs to is really the right one and if your answer is correct then the path is open for you to tread. If you fail to find out, or come to the wrong answer, then you remain where you are. You must decide . . . you must decide . . . you must decide . . . Wendy was awake with a start, the words still drumming through her mind, "I've got to decide" she repeated. "that's the answer: if I find out for myself



whether or not Dad's right, then I'll know how to help."

She propped herself up with the pillows, switched on the lamp and settled back to think things out. 'Begin at the beginning' was a phrase she had so often heard at school—perhaps it would work now. O.K., so where is the beginning' she thought, and her mind went back to the half remembered story of Joseph Smith's discovery of the golden plates. "That's it—the Book of Mormon" she whispered out loud.

"If I can prove it right or wrong, then I've got the answer, because if it's right then Joseph Smith must have been a prophet to get his facts straight, and if it's wrong then the whole Church must be too."

She was amazed at her own apparent ingenuity that she crept downstairs there and then to find a copy of the book which would help her in her search. From then on, in the weeks that followed, Wendy studied and searched the scriptures in the morning and in bed at night. She remembered also her father's great faith in prayer and included this on each occasion.

To her great surprise she found that she was actually enjoying her search, so much so that she made a bargain with her mother to allow her to attend Sunday School if she promised to keep her room spotless in return. Gradually, much to her father's amazed joy, she developed the strength of testimony that answered her question for her finally and conclusively—now she knew for sure that baptism was the only possible path to choose.

Meanwhile, Wendy's change of attitude had not gone unnoticed. Maureen Thomson could not at first understand it and felt betrayed in some way to

think that she had done this on her own, without the usual consultation with her mother. It began to dawn on her that perhaps her daughter was no longer a child, but was becoming independent and a grown-up person with her own views. The thought shocked her, and, she was ashamed to acknowledge, also saddened her. However, she reluctantly admitted that nothing whatso ever would prevent these stages in life's progression, and once her acceptance of the fact was complete she began to think more seriously about the steps that Wendy had taken.

"How can it be," she puzzled, "that my own daughter has found out something that I don't know about?" My experience of life is far greater than hers, yet she is as firmly convinced as Ron that she's right." This frame of mind made her slightly resentful at first, but as she dwelt longer on the subject, she began to think slightly more clearly and reason told her it just might be that she herself could be the one who was missing out on something.

It wasn't until April 29th however. that things finally came to a head. April 29th was young Robin's birthday. and as every self-respecting young man of three and eleven-twelths knows, to become four years old is an historical event. He had informed all his friends in the neighbourhood of the important date and they had promised to invade the Thomson household at 2.30 p.m. on the day. Even his 'not-so-friendly' friends had promised to come too, because as they informed their mothers. they really were very fond of Mrs. Thomson's homemade ice cream and raspberry jam.

Wendy had promised to take charge of the catering and games, with the help of her friends from Church, and much to her mother's delight, really

Short Story

seemed to know just how to supply twenty young tummy's with the right amount of unusual, yet economical food. As the girls told her, they had had plenty of practice on the infants at Primary so she needn't worry about them managing.

Everything progressed very smoothly and even little Terrence from No. 14 managed to get through the afternoon without being sick after the ice cream. The games were well organised but extremely hectic and it was with great relief that they said goodbye to the last little toddler and sank exhausted into comfortable chairs.

"I can't thank you enough girls" sighed Mrs. Thomson, "you've certainly made a hard job much easier and very worthwhile."

"We've enjoyed it Mrs. Thomson" exclaimed Jane, the oldest of the five girls, "we're quite used to this sort of thing and certainly get plenty of reward regardless of the effort it takes."

Mrs. Thomson thought for a minute or two, then said, "You know, I've an idea Robin might enjoy your Primary—give me an idea of the sort of things that go on."

The girls didn't need a second invitation—this was one of their favourite subjects. Before they knew it, they had been talking for over an hour, and the conversation hadn't remained on the one topic either, somehow they had discussed many different aspects of Church life—things that Mrs. Thomson had never realised or thought of before. (Or it could be that she had never wanted to realise before.) Through the simplicity of youth and the faith of these young people she gained more information than two years of argument with her husband.

"You know, Ron," she said that evening, as they relaxed in front of the fire before going to bed, "I think I'd like to go with you next Sunday, only to see what it's like mind you, but we could all go together and Wendy could take Robin along with the little ones couldn't she?"

"Of course, dear" replied Ron, just as though she had made an everyday statement about the weather. He managed to hide very well his inward thankful jump for joy and smiled to himself with happiness, "at last" he secretly sighed, "at long last!"

SKILL OF ESTABLISHING ZION "The skill of building up and establishing the Zion of our God on the earth is to take the people and teach them how to take care of themselves and that which the Lord has entrusted to their care, and to use all that we command to glorify his holy name."

-Brigham Young

EDITORIAL ROUNDUP

★ Dates for stake conferences to be held in the six stakes of the British Isles have been announced by the First Presidency as follows:

Glasgow and London Stakes—February 24-25; May 11-12; September 7-8; and November 23-24

Sunderland and Leicester Stakes— March 2-3; May 18-19; September 14-15 and November 30-December 1.

Leeds and Manchester Stakes— March 9-10; May 25-26; September 21-22 and December 7-8.

Under the new Regional meeting organization the Leeds Region comprising the Glasgow, Leeds and Sunderland Stakes will meet April 20 and November 2. The Manchester Region comprising the Leicester, London and Manchester Stakes is scheduled to meet April 27 and November 9. Pres. A. Ray Curtis is the Regional Representative.

★ "Anvil Chorus" by the Mormon Tabernacle Choir and the Philadelphia Orchestra, (condie-Ormandy Columbia MS 7061) is receiving rave reviews from coast to coast in America. The selections are from the warhorses—Carmen, Cavaleria Rusticans, Faust, Tannhauser, Il Trovatore, Aida, etc.

The 450th stake of the Church has been organized. The new San Jose South Stake in San Jose, California, was organized Feb. 11th. This is the third time San Jose Stake has been divided since it was organized in 1952, when the stake had 3,000 members. Today the same area contains 18,500 members.

★ "My religion is now more important to me than soccer," says Bruno Gerzeli, internationally known soccer star from Italy. He, his wife, and three children are happy members of the Toronto Stake in Canada.

He came to Canada where he met his lovely brunette wife. Later she met a neighbour, a Mormon and went to Church with her. Bro. Gerzeli took a little longer for conversion. After viewing the Sacred Grove near Palmyra, N.Y., "it was like turning on the light in a dark room. I believed," he said.

★ A newly discovered, rare portrait of the Prophet Joseph Smith, has come into the posession of Buddy Youngreen, a member of the Pasadena Stake and of the Pasadena Playhouse College faculty, in California.

The oil portrait was retrieved from an ashcan. Previously it had belonged to a woman having a large stable in Pasadena.

It is believed the painting is an original, painted about 1840 and valued at about \$500.

Mr. Youngreen says reasons for believeing it is the Prophet Joseph Smith are the line-like dimple between the eyes, full lips similarly shaped, hair brushed forward at the temples and the long staight nose.

It could be an original of the Prophet Joseph Smith, say officials at the Church Historian's office in Salt Lake City.

★ Since our report in the January Millennial Star of the finding of the papyri

fragments in the New York Museum of Art, Dr. Hugh Nibley of the BYU discloses another fragment of the papyri has been found in the vaults at the Church Historian's office in Salt Lake City.

The fragment is a part of a collection the Church has pertaining to the Egyptian Alphabet and Grammar prepared by Joseph Smith.

★ Aiding in the coverage of the Winter Olympics at Grenoble, France is Jean Saubert of Salt Lake City, a former Olympic skier. Miss Saubert is now a school teacher and assistant sports director in her ward in Salt Lake City.

She captured the world's ski fancy four years ago as she won a bronze medal in the slalom and a silver medal in the giant slalom. She is aiding in the covering of the olympics for ABC television.

OUR PURPOSE

"Our purpose ... is to develop our bodies, to attempt perfection in them, so that the spirit which God grants the privilege of dwelling in this body of clay shall, in its development, be unhampered by physical imperfections."

—Antoine R. Ivins

CHASTITY

FUNDAMENTAL

TO LIFE

Ву

President Joseph Fielding Smith

of the First Presidency

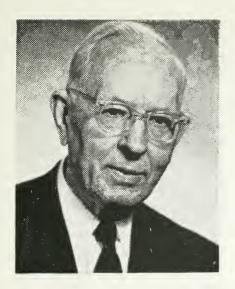
★ According to the dictionary, chastity means, "The state or quality of being chaste, free from sexual impurity; free in thought, modest and free from vulgarity."

When our Redeemer was with the Nephites on this continent after His resurrection, He emphasised this principle by saying to them: "And no unclean thing can enter into his kingdom; therefore nothing entereth into his rest save it be those who have washed their garments in my blood, because of their faith, and the repentance of all their

sins, and their faithfulness unto the end.

"Now this is the commandment: Repent, all ye ends of the earth, and come unto me and be baptised in my name, that ye may be sanctified by the reception of the Holy Ghost, that ye may stand spotless before me at the last day.

"Verily, verily, I say unto you, this is my gospel; and ye know the things that ye must do in my church; for the works which ye have seen me do that shall ye also do; for that which ye have



seen me do even that shall ye do;

"Therefore, if ye do these things blessed are ye, for ye shall be lifted up at the last day:" (3 Nephi 27:19-22.)

From what we see as we travel from city to city and from what we read in the public press, we are forced to the conclusion that repentance from sin is extremely essential throughout the entire world. In fact, there is seldom a time in the known history of mankind when sexual sin was not prevalent and the violation of the divine commandments was almost universal.

It was not long after Adam and Eve had children who began to pair off and establish families that the influence of Satan was felt, and the sons and daughters forgot the teachings of their parents. We read that Satan came among them saying: "I am also a son of God;" and he commanded them to believe not the teachings of their parents, and the record informs us that from that time forth men became, "...

carnal, sensual, and devilish." (Moses 5:13)

Very frequently I have this question asked of me: "When Lucifer, or the devil, was cast out of heaven, why did the Lord permit him to come to this earth to tempt and torment us, rather than to have been sent with his followers to an isolated place?"

My answer to this question has been that it seems clear that the Father permitted Lucifer to come here to tempt us and test our faith. The fact is clear that Adam and his posterity were not left without divine commandments and guidance. Angels visited them and instructed them and commanded them to raise their children in light and truth. Moreover, the fall was not the terrible mistake which so many have been led to believe.

It is customary in the religious world to speak of the fall as "man's shameful fall," leaving the impression that had Adam refused to partake of the fruit. he and Eve and their posterity would have lived in eternal bliss and harmony. The fact is clear, however, had Adam not partaken he and Eve would have lived alone without posterity. Therefore the fall was a necessity, and this was clearly stated by Mother Eve when she said: "Were it not for our transgression we never should have had seed, and never should have known good and evil. and the joy of our redemption, and the eternal life which God giveth unto all the obedient." (Ibid., 5:11.)

This mortal life is just an essential part of our eternal existence. We came here to be tested and proved by coming in contact with evil as well as the good. It is necessary that we be tempted and tried, but the Eternal Father did not leave us helpless in the midst of evil. From the very beginning the plan

of salvation was presented to our first parents. They taught these principles to their children.

It is necessary, however, that we have trials and temptations, as well as the divine commandments. Therefore the Father has permitted Satan and his hosts to tempt us, but by the guidance of the Spirit of the Lord and the commandments given through revelation we are prepared to make our choice. If we do evil, we have been promised that we will be punished; if we do good, we will receive the eternal reward of righteousness. Every soul has been given the gift of free agency. It is essen tial that we learn both good and evil and thus resist and overcome the evil. If we live righteously there will come eternal salvation and exaltation in the kingdom of God.

Cleanliness of life will bring the reward of exaltation and an eternal existence in the kingdom of God. If we choose the evil, the reward will be in punishment. Eventually every sin will have to be righted. Our Saviour paid the price of our transgressions if we do not sin a sin worthy of eternal death and humbly keep His commandments; otherwise He has said, we must suffer even as He did.

When the children of Israel came out of Egypt, the Lord gave them many commandments. Among these commandments He taught the Israelites that their bodies were sacred and that they should not be improperly exposed. Among these instructions we find this necessary commandment:

"The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the Lord thy God." (Deut. 22:5.)

Today it is a common sight, even on the streets of the cities of the Latterday Saints, to see women dressed in pants and suits similar to those worn by men. We are forced to declare that this is not a lovely sight. Moreover, it is also frequently the case at parties and places of entertainment that women are arrayed in what I think they call full or party dress, thus exposing a part of the body which should be sacred and not exposed.

The Prophet Isaiah without question saw our day, for he speaks of the daughters of Zion who, in the latter days, would be guilty of all kinds of improprieties in their dress. I will not quote what he said, but if any are curious enough and wish to read it you will find it in the third chapter of Isaiah, verses sixteen to the end.

I am making a plea for modesty and chastity and for the members of the Church, male and female alike, to be chaste, clean in their lives, and obedient to the covenants and commandments the Lord has given us.

I would like to quote a few paragraphs taken from a discourse by President J. Reuben Clark, Jr.:

"Our civilization itself is based upon chastity, the sanctity of marriage, and the holiness of the home. Destroy these and Christian man becomes a brute.

"Chastity is fundamental to our life and to our civilization. If the race becomes unchaste, it will perish. Immorality has been basic to the destruction of mighty nations of the past; it will

President Smith

bring to dust the mighty nations of the present. Every one of us who instructs our youth in whatever place or position, and in whatever capacity, must teach the young people of today to abstain from unchastity." (CR, Oct. 1938, p. 137.)

The following counsel is given by President David O. McKay:

"In this day when modesty is thrust into the background, and chastity is considered an outmoded virtue, I appeal to you to keep your souls unmarred and unsullied from this sin, the consequence of which will smite and haunt you intimately until your conscience is seared and your character sordid.

"Remember, too, the significance of the Saviour's saying that if any shall commit adultery even in his or her heart, he shall not have the Spirit, but shall deny the faith and shall fear.

"Resist evil, and the temper will flee from you. If you keep your character above reproach, no matter what others may think, or what charges they make, you can hold your head erect, keep your heart light, and face the world undauntedly because you, yourself, and your God know that you have kept your soul untarnished." (Ibid., Oct. 1951, pp. 8-9.)

Again from President McKay:

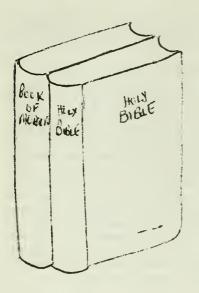
"'My spirit,' says the Christ 'will not dwell in unclean tabernacles.' The corruption that is in the world through lust, as mentioned in one of Peter's Epistles, has its source in thoughts and schemes harbored in the individual mind. A man who takes advantage of his neighbour in a business deal when the opportunity offers has prepared himself for the occasion by dishonest thinking. Young couples do not lose their chastity, named by the Book of Mormon as 'precions above all things' without their having previously in thought justified the act.

"The husband who coolly turns from a loyal wife and family and seeks illicit relationship elsewhere, perhaps with a disloyal wife of a neighbour, has previously poisoned his soul with immoral ideas. Disgruntled members of society, faultfinders in wards and stakes, do not become such merely because of some offense, real or imagined. What they say and do has been preceded by selfish desires or unattained ambition." (Ibid., April 1951, pp. 96-97.

MODE

"Man from the beginning possessed the potential power of creating his requirements through work. The words 'create' and 'work' are synonymous. Hence, the power of God is work."

-Joseph L. Wirthlin



Cultivate Spiritual Attributes

Ву

ELDER ALVIN R. DYER

Newly Appointed Apostle

★ God is mindful of man and, such as he is, has given him dominion over all things upon earth. He is the appointed master over all creatures of a lower kingdom of creation, and over inanimate objects upon the land, in the sea, and in the air. "... thou hast made him," declared the Psalmist, "a little lower than the angels, and hast crowned him with glory and honour." (Ps. 8:5.)

Mortal existence is such that man must give concern to material progress, but since he has been given, by divine right, dominion over all things upon the earth, all material things can be made to serve him. But, as to carnal things, God has given man a special warning, with the commandment to

cultivate the attributes of spirituality and intelligence, the opposites of carnalism.

Unto the early day Roman Saints, Paul the Apostle wrote: "... to be carnally minded is death, but to be spiritually minded is life and peace." He then explained what was meant by the carnal mind, when he said the carnal mind "is enmity against God: for it is not subject to the law of God." (Rom. 8: 6-7.)

Unto the Latter-day Saints, the Prophet Joseph Smith speaks of intelligence, with an explanation of its meaning; said he: "The glory of God is intelligence, or, in other words, light and truth.

"Light and truth forsake that evil one." (D&C 93:36-37.)

He said also that a man with a carnal mind cannot abide the presence of God. (See D&C 67:12.)



Almost everyone today who has given the matter any concern and study is convinced that material gain progressively achieved during the past century and a half has reached great heights. The oft referred-to phrase, "this age of enlightenment," refers to the progress that man has made in the fields of science and industry. These advances, generally, are proving to be of great benefit to man's natural existence. and there is no forseeable end to this type of progress. But the terrific impact of transpiring material progress is making inroads upon man's spiritual and moral behaviour.

These inroads, I believe, are not made because of that which has been achieved materially, for surely the true spiritual concept does not stand in the way of material progress; but rather inroads are being made because of the contemporary surrender and mutation of spiritual values and the fundamental truths of righteous existence needed to meet the challenge of material advancement, the evidence of

which surrounds us, must then be attributed to intensive drifts to carnalism.

As the apex of time draws closer, which will culminate the earth-life existence of man, the basic issues of the spiritual mind and the carnal mind, of right and wrong, and of good and evil will become more pronounced. For example, we see at work in the world today powerful forces of carnalism that are opposed to God and the influences of a spiritual nature that can persuade and direct man to the righteous life.

These advocates of carnalism would substitute God for an invisible earthly comrade and are prepared to lead the masses into global conquest, on the carnal premise that, collaterally, concepts of God as a creator and the divine mission of the Son of God, the Redeemer of mankind, who is the advocate of a system of proven and eternal laws of progress are to be systematically "nominalized," and finally eliminated.

But man need not be deceived by such principles of unrighteous dominion that are centered in "carnalism," for the opposite — those principles of spirituality, faith in God, and exposure to the eternal laws of righteousnesshave been made fresh and new by divine restoration from God, through His chosen prophets, in our own day and time, But as this and other issues of right or wrong, good or evil, grow even sharper, we shall witness separations among men. Out of the masses will come those who are of the "carnal mind" and those who are of the "spiritual mind." It is in the latter realm that by persistent conformity to spiritual or eternal laws, man can reach perfection. In this we see the work and glory of God.

It is the right of each individual to work out his salvation. Given enough

of such individuals who adhere to this right, there exists a kingdom of right-eousness, or a kingdom of God. Paul, the apostle, evidenced his clear understanding of this when he said: "But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them because they are spiritually discerned." He declared: "For what man knoweth the things of a man save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God." (1 Cor. 2:14, 11.)

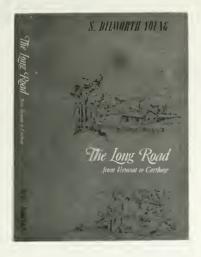
In my own life I have received complete confirmation of righteous principles taught in my early years by parents who cared, and by others, pertaining to a spiritual life. In my weak way I am working with these traits, hoping to gain the complete supremacy that they offer. To the Prophet Joseph Smith were revealed many divinely inspired truths that can lift man into the light. In the following, the effect of spiritual mindedness in one's life is given:

"... your whole bodies shall be filled with light, and there shall be no darkness in you; and that body which is filled with light comprehendeth all things." (D&C 88:67.)

A GUIDING HAND

O God above, I ask of Thee,
That Thou my guide shouldst ever be!
Thou art a tower of strength, I know—
O be with me where'er I go!
O Lord, be with me where'er I go!
In all I do, and all I say!
For human beings are so weak—
A guiding hand is what they seek!
The world is oh, so big and wide—
I need Thee, Lord, to be my guide!

by Miriam Eker, 45 Longford Place, Victoria Park, Longsight, Manchester 14



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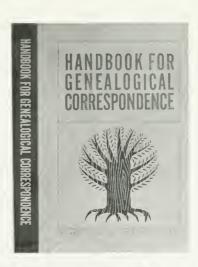
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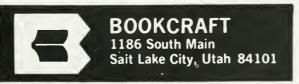
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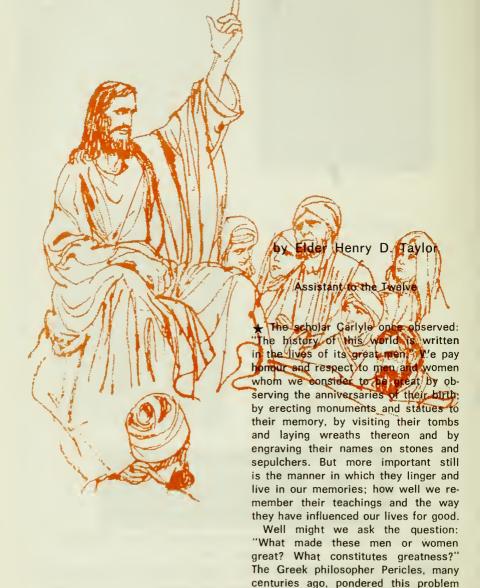


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Seek



Ye First The Kingdom Of God

and finally arrived at the conclusion that: "Men who are longest remembered, and whose memories are most highly revered, are not those who made the most money, but those whose hearts were gentle, whose sympathies were broad, and who best served humanity."

We are often prone to judge men hastily and to consider them great if they accumlate or amass a substantial amount of wealth. Ofttimes during this acquiring process, such men become self-centered and lose sight of things spiritual and neglect opportunities to help others.

The Lord, who is aware of the weaknesses of men, sounded a note of warnagainst these tendencies when He questioned: "For what is a man profited, if he shall gain the whole world, and lose his own soul? . . ." (Matt. 16:26.) Then later He proclaimed: "Behold, there are many called, but few are chosen . . ." (D&C 121:34.) He then explained why they are not chosen, giving this reason: "Because their hearts are set so much upon the things of this world, . . ." (Ibid., 121:35.)

The possession of wealth and the things of this world are not objectionable if used for righteous purposes. The ancient Prophet Jacob made it clear

when he gave this sage counsel on the proper use of wealth:

"But before ye seek for riches, seek ye for the kingdom of God.

"And after ye have obtained a hope in Christ ye shall obtain riches, if ye seek them; and ye will seek them for the intent to do good—to clothe the naked, and to feed the hungry, and to liberate the captive, and administer relief to the sick and the afflicted." (Jacob 2:18-19.) In a word, to assist fellow men and to serve God.

While we realize that wealth cannot buy happiness nor eternal life, one has humorously suggested: "Money may not bring happiness, but it can surely make being in misery a lot more enjoyable." To work and to earn a comfortable living is important. Latter-day Saints are taught that everyone, insofar as possible, should be self-supporting, maintaining his own economic independence, and looking to no one but himself for assistance. A man also has the responsibility of providing for his family. To earn a livelihood and at the same time live within one's income become both a challenge and a goal.

But while doing these important things, does man have no responsibility to his neighbour or to God? Can he not provide for his family and at the same time serve his fellow men?

The Church of Jesus Christ of Latterday Saints is composed of lay members. The leaders and workers are called from the ranks. Every single member is a potential leader, and every day throughout the Church certain individuals are called and chosen to fill positions of importance. In accepting these callings they are recognizing the words of the Saviour, when He said: "He that is greatest among you shall be your servant." (Matt. 23:11.)

This attitude of humility was evidenced by a former Vice-President of the United States who rose to great heights of prominence, even aspriring to become President, although unsuccessfully. Later he was elected to a more humble office as a junior Senator from his home state. In accordance with Senate protocol, he took his seat on the rear row. His associates and fellow Senators, over whom he had presided, offered him, out of love and respect, a desk on the front row. He modestly declined, uttering this classic statement: "I am willing to be a junior and sit on the back row, for I had rather be a servant in the house of the Lord, than sit in the seats of the Mighty."

It is interesting to note the varying ways in which individuals respond to calls made of them. When the Lord told Moses that he was the one chosen to become the leader of Israel and was to lead his people out of captivity and bondage. Moses was startled and began to offer one alibi and excuse after another, stating that his people would not believe that he was the one that had been called to become their leader. The Lord gave him many assurances, but Moses was still doubtful, and finally said, "O my Lord, I am not eloquent . . . but I am slow of speech, and of a slow tongue." (Exod. 4:10.) Noting his reluctance after the many promises and assurances given, the anger of the Lord was kindled against Moses, and he was instructed to call Aaron, his brother to assist and serve as his spokesman.

During the Saviour's ministry upon the earth, He thrilled and uplifted those who listened to His teachings. Many had a desire to follow and hear more of His inspired utterances. One disciple expressed his intention of following and gaining more information, but made the request: "... Lord, suffer me first to go and bury my father." This would seem to be a reasonable request. But Jesus answered and said unto him: "Follow me... Let the dead bury their dead." (Luke 9:59-60.)

In contrast to these instances of hesitation and lukewarmness it is refreshing to note how some of the apostles responded to the calls Jesus made of them. The Saviour, while "... walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishers

"And he saith unto them, Follow me, and I will make you fishers of men.

"And they straightway left their nets, and followed him." (Matt. 4:18-20.) Here there were no questions asked, no alibis offered, no arguments given.

Going on a little farther, the Saviour saw two other men, James and John, who were also fishermen. They were assisting their father Zebedee in mending their nets. When he called them, they immediately and without hesitation left their ship and their father and folowed Jesus. (See Ibid., 4:21-22.) Were they not filled with the spirit of obedience and service?

As calls come to us for church service by the Lord's representatives, it is natural for us to wonder why we have been selected. The Lord has made it plain that every individual has been

Elder Taylor



blessed and endowed with certain gifts and talents. And while there are many gifts, yet "To some is given one, and to some is given another, that all may be profited thereby. (D&C 46:12.)

"And all these gifts come from God, for the benefit of the children of God." (Ibid., 46:46.)

Now it was intended that these gifts and talents should be shared with others, for the purpose of rendering service to fellow men and making their lives happier. Every week the Tabernacle Choir thrills, inspires, and uplifts us, their listeners, with beautiful music.

Many of us are not blessed with musical talents, but there are other gifts that we do possess, and other services that we can render. The poet, Edward Everett Hale, aptly expresed this thought:

"I am only one,

But still I am one.

I cannot do everything,

But still I can do something;

And because I cannot do everything I will not refuse to do something that I can do."

There is a joy that comes from working and rendering service in the Church and in being a servant to our fellow men. King Benjamin taught: "... when ye are in the service of your fellow beings ye are only in the service of your God." (Mosiah 2:17.

To every faithful member of the Church will come opportunities to serve in some capacity, for the need for service in the fields of missionary work temple, home teaching, instructing classes, choirs, and musical groups, work on welfare projects, administrative positions, and many other activities, still remains great.

If we would meet the Saviour's standard for greatness, we will readily and humbly accept the callings that come and become servants in the house of the Lord, remembering that "He gives best who serves most." Then we may rest assured that if we do our best, the Lord will do the rest.





A TIME FOR TESTING AND TEACHING

by Elder S. Dilworth Young
Of the First Council of the Seventy



* Heber C. Kimball, a member of the First Presidency at one time, and the grandfather of Elder Spencer W. Kimball, had great prophetic vision. He voiced it occasionally, and once he said. (I am not quoting him verbatim but as I recall it.) "There is a test coming; there will be a testing." What he was trying to imply, I suppose, was that we must not get smug that the test would come, and each one of us would have an opportunity to find out if he would stand when the pressure was on, when seemingly the evidences were against us, when all hell would be raised up to defeat us. Would we stand the test? I am sure he meant to imply that every man would be tested before he would be accepted.

I submit that the modern testing which comes from the insidious boringin of ideas which imitate truth, excuse deception, and discount both evil and its author, is a much more difficult one to encompass and to resist than the physical test of the past. In the day when Brother Kimball spoke, there appeared to be more physical difficu-Ities to encompass than those spiritual or mental. At that time we could protect our children. Life was simple. We could easily persuade them to see as we saw and do as we did, because a large part of communication was from parent to children. No one else had very much to do with them.

Now however, the test is directed at the children. They are being deceived into believing that they can think and act with maturity long before they are mature. In this they are much deceived, and rebellious against parental restraint. They are ripe fruit for the plucking.

Today our test is with our families and the false ideals of the day. We

need not succumb to it. Parents can protect their children if they will, but it takes time and effort. Parents are still the most potent and sure protection and defense, provided they are righteous parents, alert and informed.

I cannot believe, personally, that the Lord God comprises black and white into gray. If I read correctly, His constant admonition is to become white, to purify one's self, to become perfect. I think the Lord draws sharp lines and declares that whatever leads to evil is evil. It is the evil in us which leads us to want to compromise a little and to be earthy as well as earthly.

May I present two points of view: If my normal outlook is that it is expected that my child will have the experiences of marriage without its responsibilities during adolescence, and that handling cocktails successfully without becoming obnoxious to my fellows is manly, or that cigarettes with coffee during and after meals is desirable, or that a trip to a gambling palace in a neighboring state is a legitimate recreation, or that viewing vulgar or exciting floor shows is not sin so long as I take no physical active part, then I am not going to be alarmed at the advice some people give my adolescent children about their actions. nor am I going to be concerned with their television fare nor with what type of pictures appear in their favorite weekly magazines especially those which glamourise drunken and debauching night life in flaming colour.

Since under these circumstances I have no real reason to elevate my life, believing that old-fashioned morality is outdated, I shall then class as great literature some works such as Boccaccio, Casanova, Lawrence, Fitzgerald,

and others, to make certain that for a rounded-out life, my children should be exposed to the accounts of recreation of these loose and lewd men who happen to have unusual powers of sensual description.

And since my body is not sacred but purely animal creation, an accident of some evolutionary urge without any particular pressure in any particular direction to bring me to what I am today, then I can laugh with great pleasure at jokes and sly references to its functions. If my children end up in need of psychiatric help when they discover the futility of life, I can also get cheap medical help by going to a moving picture in which an author of like mind and habit, combined with a director who understands, because this has been his experience also, portrays the agonies and frustrations of those whose mental equipment has broken down upon the indulgence in these evils, for an equally sadistic solution to the problem thus posed. Then I can take comfort from the thought that my children have had the same kind of experience and are not so abnormal after all.

Children echo the words and imitate the standards of the adults to whom they are exposed. If a child grows up in an environment where stealing hub caps and gasoline, or ganging up on innocents in the street, or breathing glue fumes, is the normal expectation, it cannot be expected that his conception of moral integrity will make his word worth much or his actions trustworthy when he gets to be a mature adult. I can lull my conscience by thinking that his actions are the result of a disease which anyone knows, of course, can strike anyone. Therefore he is not fundamentally ac-



countable for what he does. He is to be pitied but not censured.

But if my understanding is to know my true place in the eternal purpose of God, that I am His son, that I may become like Him, and that His commandments are to be kept, that happiness is found only by being in harmony with His laws, and further, that Satan is determined to keep me from either practising or thinking about these elevating truths, I say, if this is my knowledge and my belief, then I am going to be not only concerned, but I am also going to take action to protect my children from the designs of evil men in the last days, as the 89th section portrays. (See D&C 89:4.)

I shall do my best to teach my child that he is a sacred person, that he is an eternal being of two parts, body and spirit, to be fused together in the resurrection, that this eternal joining will best be accomplished if each part

Elder Young

has equal development, that the body must be trained and conditioned for eternal progress in its celestial abode as well as the spirit, that because it is of the earth it tends to become earthy as well as earthly, but that it can be made subject to the will of the spirit.

I shall give him enough of my time to guide him but not enough to overshadow him or to take away his agency, his practise in making decisions. But I shall make certain that he has the correct viewpoint of the malpractices of modern life and expose him to all that I can find that is good and true and right.

I shall show him the joy of righteous endeavor and the rewards of righteous thought and habit, and while in his formative years. I shall teach him to love truth and beauty and to abhor the sordid and the drab. I shall also protect him from evil influences that are beyond his understanding, but not beyond his imitating.

Above all, I shall do my best to

teach him the basic difference between right and wrong and show him that his decisions must always be made on that basis rather than on the basis of convenience or advantage to himself. I shall teach him the wages of sin is death, that evil is sin which he is to resist with all his strength, that he is accountable and will have to answer for it.

And I shall also teach him a true understanding of repentance and of the great sacrifice of the Lord Jesus Christ, so that repentance will have meaning and purpose. I shall do my best to teach him the sacredness of family life and of the family. He will be taught, too, the importance of the family relation in the eternal plan. Already he will have seen some practical examples of this in the conduct of my own life of which he has such a daily, intimate view.

I shall realise that I cannot deceive him if I will as to the kind of man I am, but I can fill him with the ideals of the kind of man I should be and desire him to become.

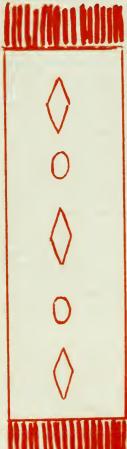
HONESTY

"Honesty condemns falsity in all its forms. It does not permit the bearing of false witness ... It does not sow dissension. Truth, confidence, assurance, and peace are the offspring of honesty."

—Albert E. Bowen

Things To Make

★ Mothering Sunday is in March. Can you make your mother a lovely gift? Here is an idea that you might like to try.



fish shapes together on either end of

FELT BOOKMARKS

Cut a strip of coloured felt 1 inch wide and seven inches long. Fringe both ends. Glue different shapes of coloured felt on one side to decorate.

Materials

Scraps of coloured felt Copydex Tracing paper Shears



felt strip.

Children's Section

CHURCH HISTORY QUIZ

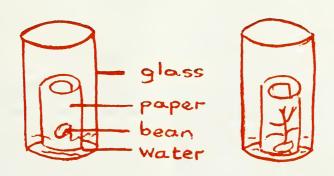
- 1. What was Joseph Smith's mother's name?
- 2. Where was Joseph Smith born?
- 3. Give the names of two of Joseph Smith's brothers or sisters?
- 4. How old was Joseph Smith when he had a vision? (Answers at the bottom of the page.)

DID YOU KNOW . . .

. . . THAT YOU CAN GROW A PLANT FROM A HARICOTE BEAN?

If you want to watch it grow, place some blotting paper inside a glass. Put $\frac{1}{2}$ inch of water in the bottom. Place the bean between the blotting paper and the glass. Keep water in the bottom so that the blotting paper will be damp all the time.

WATCH EACH DAY TO SEE WHAT HAPPENS TO THE BEAN SEED.



p1 .t

2. Sharon, Vermont, U.S.A. 3. Hyrum, Samuel, Sifronia

1. Lucy Mack Smith

Answers to Quizz

Youth Fireside Welcomes New Year

BRITISH MISSION

★ On New Year's Eve the Lowestoft M.I.A. held a fireside meeting at the chapel, President Carlos O. Wood, British Mission counsellor and his wife were the guest speakers together with District President John Margotson. Short talks and various items were also given by the branch members and refreshments were served.

About 35 young people saw the New Year in, but 72 members braved the adverse weather conditions to attend a Roast Turkey dinner later that day. All the branch helped in some way, President Coleby assisted by several sisters prepared and cooked the dinner, and the M.I.A. served the meal and waited at the tables. After the feasting there was dancing to the band of the Haiwian Beats.

★ Gorleston Branch decided that they

would like a celebration where none of the members had to work for a change, so their dinner and dance on Jan. 22nd was held at the Imperial Hotel, and everyone had a gay and carefree even ing.

MANCHESTER STAKE

More than a hundred people from the Ashton/Oldham Ward attended a Dance in the Cultural Hall on New Year's Day from 8 p.m. until 12-15 a.m. Dancing was non-stop, with a programme of pop, modern, old-tyme, country and western. Scottish reels and novelty dances, something for everybody in fact.

The Ward Executive committee decided that there would be no charge for admission and no refreshments, so that all who attended would be able to join in the fun and not be involved in manning the door, or washing up dishes etc.

NEWS



The evening concluded with Auld Lang Syne and Happy New Year greetings, and although everyone enjoyed it some of the older members had stiff joints and aching muscles the next day to remind them of their unaccustomed exertions.

★ The High Priests' Ouorum of the stake held a very successful buffet dance at the Ashton/Oldham Chapel on Dec 30th, 1967.

Snowball waltzes, novel methods of selecting dance partners, progresive barn dances, virginia reels etc., all helped to get everyone mixing with members from other wards.

Albert G. Evans with his funny stories Bishop Ernest Preston and Thomas E. Leah, in their amusing interpretation of Liza and Henry in "There's a Hole in My Bucket" and Bishop Roy Caddick playing the piano for community singing, provided the entertainment.

A riddle prepared by Elsie Lee of the Whitefield Ward, kept everyone guessing right up to the end. George Lee made an excellent M.C. and the programme was full and entertaining.

The attractive buffet was prepared by President Lilian Smith and members of the Ashton Ward Relief Society, Mary Giles was responsible for the centre piece decorations.

SOUTHWEST BRITISH MISSION

★ Congratulations to Brother A. V. Harris of Helston Branch who has just

completed his training as a carpenter. He started training while on his building mission at Sunderland, he also worked on the Huddersfield and Plymouth Chapels.

★ Approximately fifty saints attended the Cornwall District M.I.A. Talent Night at Falmouth, and enjoyed a really good show.

★ You could describe Helston Branch as one big happy family, they do everything together, so when Joan Bray celebrated her birthday recently the M.I.A. gave her a birthday party.

SCOTTISH MISSION

★ All the Primaries in the Kilmarnock District took part in a painting competition and the entries were on display at the District Conference on Jan. 7th. The standard was very high, and judges District President Ronald F. Lovell and Sister Elva Brown, wife of the Mission President, had a very difficult task in selecting the winners. There were three groups with a choice of subject in each class.

Skylets could choose from "The Christmas Star", "My Family" and "Fun in the Garden".

Pilots had "I am a pilot", "My Eighth Birthday" and "The Pioneers". While the Lihomas and Trail Builders' subjects were "My Primary", "Sports Day" or "A trip into space."

The winners were presented with a little book, and the first three in each group received a certificate which was signed by the District President, his first counsellor and the District Primary President. The winning entries were then sent to the Children's Friend for their drawing page.

NORTH BRITISH MISSION

★ A grand display was given by the Mennell School of Dancing at the Scarborough Chapel recently.

It was sponsored by Jane Wardle, whose grandfather is a member of the school. The group had also given a display at the Spa earlier in the evening, and though some scenes needed a larger stage, the talent, colourful dress and scenery were enjoyed and appreciated by the audience.

The highlight was the performance of "Hansel and Gretel", with it's sugar house and very convincing witch, the young principals giving a charming and talented display, well supported by the rest of the cast.

A small group of Relief Society sisters and their husbands enjoyed a dinner at the Royal Hotel, Scarborough on Dec. 29th. Leisurely conversation was enjoyed while they waited for the meal to be served, and this was also appreciated by the sisters who are the prime movers in the chapel kitchen during social evenings.

★ The Beverley Branch Party on Dec. 30th began at 3.30 p.m. with games for

both children and adults organised by Geoffrey Dunning. By 5 p.m. everyone had worked up an appetite and enjoyed a buffet style tea which consisted of soup, sandwiches, cakes, trifle and pop.

On New Year's Eve a fireside was held at the Thistleton's home in Beverley, and the branch members arrived at 10.30 p.m. Walter Chiles led them in discussion about the old year and how they felt they could improve in the new year. The discussion concluded at midnight when the saints toasted in the New Year and sang Auld Lang Syne. Refreshments of baked potatoes, sandwiches and cakes were then served and aims and resolutions made for 1968.

★ John Bradbury who was 2 years old on New Years Day was not too sure of his feelings when he went to St. Helens Branch Primary Party, but all the other children were able to re-assure him as they ate their way through all the good things that had been provided to eat. Games and entertainments followed and the primary workers made sure that everyone had a really good time.

SUNDERLAND STAKE

★ Hartlepool Ward Relief Society sisters were responsible for a delicious meal of soup, roast turkey with stuffing, creamed potatoes, peas and carrots, followed by apple pie and cream at the M.I.A. annual dinner dance. About 50 saints danced in the cultural hall afterwards, which had been gaily decorated by the M.I.A members.

On Dec. 30th the ward held a special party for the Sunday School and Primary children. It started with games organised by Jim Hastings, and then came

Stake News



Newton Aycliffe members pose for a photograph at their ward dance.

ice cream and fruit jelly, and as many sandwiches and cakes as the young ones could eat. A Talent Spot followed, at which Darwin and Ian Laurie and John and Paul Butcher gave a loud rendering of their favourite "Thank you very much". All the forty children received a gift plus an apple, an orange and a bag of sweets. John Davidson had been busy shopping for these and Bishop Lauries had a headache paying for them all!

★ A children's New Year Party was held at Middlesbrough Ward on Jan. 2nd. The talents of the Sunday School and Primary staff combined to provide plenty of excellent food and entertainment.

The ward held an Open Evening on Jan. 16th. Ten investigators attended,

and the Mayor of Middlesbrough who expressed interest in the building and the film "Man's Search for Happiness".

- ★ There was a mixture of old tyme and modern dances to suit everybody at the Newton Aycliffe Ward Dance in December. Games and spot prizes added to the fun.
- North Shields Relief Society held a successful sale of all kinds of toys, clothing, pictures, fancy goods, cakes, puddings, jams and other preserves, and they raised £68 towards their new chapel.
- ★ In the north of England the dawning

of a New Year is taken almost as serjously as in Scotland, and so the Newcastle M.I.A. followed a guided programme and held a New Year's Eve Fireside in the chapel at 10 p.m. The programme consisted of taped music, and inspired talks by Church leaders Harry Gray then spoke on "Celebrating the New Year Abroad", and Gordon Matthews (with the aid of a large home-made calendar) reviewed the Ward's Highlights of 1967. Barbara Standing and Roger Cunningham representing the M.I.A. bore their testimonies and Melvyn Brown conducted the programme which closed at 11.55 p.m. 12.15 a.m. saw the New Year's Party Dance underway. Entertainment on the stage between dances helped the party to go with a swing, and the full-time missionaries sextet under the direction of Elder Johnson, was very much appreciated as were the other singers and guitarists.

Recently ordained to the Melchizedek Priesthood, and the youngest Elders of the Ward, William Maudlin and Norman Myers visited Albert E. Roberts, the senior elder, who has been very ill, and adminstered to him. The visit was very welcome and Brother Roberts greatly cheered by their thoughtfulness.

A Farewell Party for Ann Seeley was held at Newburn on Jan. 9th, she emigrated to Australia on the 15th. Amongst the gifts she received was a beautifully bound New Testament.

A change in the Y.M.M.I.A. now sees Roger Cunningham as superintendent. Since his release from a full-time proselyting mission, Roger's many talents have served the saints in numerous capacities. Norman Myers, another very talented young man has been called to serve as assistant ward clerk.



Jo Fraser and Norman Myers entertaining at the Newcastle Ward New Year's party.

LEICESTER STAKE

★ Nottingham Primary held a New Year Party for the children on Jan. 2nd, and it was a big success. About thirty-three attended including children, teachers and visitors. The usual party favourites of jelly and ice-cream were included in an attractively presented tea. Eileen Asher and Mavis Rigley organised the games, and each child received a gift of fruit and chocolate.

Members of the M.I.A. had a successful day at the Stake Table Tennis Tournament at Leicester on Jan. 13th, when they won the men's doubles, girls singles and boy's doubles and singles.

★ Eastwood Ward held a concert in aid of the returned Missionary Fund and over 150 saints and friends attended. The programme included the Singing Mothers who discarded their usual



Western style was very much in evidence at the Western bazaar at Peterborough. From left Josephine Overton, Hazel Grey, Sis. and Bro. Pollard.

black skirts and white blouses in favour of old tyme clothes as they sang a selection of music hall songs.

Other items included solos from George Stephenson and Kathleen Martin, and a monologue by Glenda Leach. The M.I.A. officers did a skit and the Mansfield Branch joined in with their winning Road Show Act, which was a huge success. The young ladies of the M.I.A. prepared and served refreshments.

★ A variety of dancing was enjoyed at the M.I.A. dance at Walsall where Brother Perry acted as M.C. The sisters provided plenty of refreshments and dancing was to Ray Attwell and his accordion, and to records.

CENTRAL BRITISH MISSION

★ When the Midlands East District held a Bazaar at Peterborough it was in true Western style, with all the stall holders dressed up as Indians, cowboys and cowgirls. Davy Crockett was there to give presents to the children from a covered wagon.

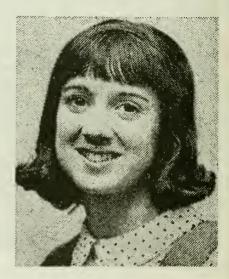
Refreshments of beans on toast, soup, hamburgers etc., were served by Big Chief Pollard. Branches from Stamford, Corby, Peterborough, Huntingdon and Grantham took part, and each branch entertained during the afternoon.

At six o'clock the wagons circled, and to finish off the day the Triple A'A'A' (Anglo-American-Airforce) Square Dance team from Alconbury demonstrated and then had everyone join in, which made a really colourful scene. The bazaar netted £42, but most important a wonderful family day was enjoyed by all who attended.

★ Lincoln M.I.A. held a social and dance which was attended by about eighty people from all over the Midlands East District. Members from Lincoln, Corby and Grantham branches put on a small cabaret, and excellent refreshments were provided by the Lincoln sisters. Guests of honour were the District President, Leonard Joyce and his wife, and the District M.I.A. leaders Bro and Sis Rose.

★ Being short of numbers to form their own Basketball squad, Bob Edden and Graham Burton of the Hereford M.I.A. joined the whitecross team playing in the Herefordshire League, and have suffered only one defeat to date. A challenge match was arranged with the missionary elders of the Midlands West District, and this proved to be a very entertaining match, with the elders winning by 12 points.

Hereford Relief Society held a Beetle Drive and this was a most novel and enjoyable evening for the sisters and



Jill Paine

Banbury Branch

their husbands

The same hard working sisters also assisted the Primary workers with the presentation and preparation of their children's party. The tables almost collapsed under the weight of a great variety of attractive trifles, cakes and goodies too numerous to mention.

The Co-op Hall at Hereford was crowded on the occasion of the Branch Party, and a tree presented to the branch by Chris Zajac, who is now serving with H.M. Forces in Hong Kong, dominated the stage. Once again the Relief Society sisters excelled themselves with the food, and the tables looked most attractive.

A week after this event, Jill Paine, who has always figured prominently in the M.I.A. leadership, flew from London Airport to Provo, Utah, where she will join students at the B.Y.U. She will be

taking a four year course in Social Studies.

★ Banbury Branch recently held their first stall on Banbury Market. They sold cakes, biscuits, pies, knitted goods and other fancy articles. By 1 p.m. the stall was almost a complete sell-out and they made £7 for the branch budget and £2 for the Relief Society funds.

Branch President Brian Heath acted as auctioneer in an auction of second hand goods, and in spite of a snow storm which kept the attendance down, $\mathfrak{L}13$ 9s. 0d. was taken. A cheque for $\mathfrak{L}10$ was later forwarded to the Northampton Building fund.

The branch party was held in the Banbury Town Hall and members of the Leamington Branch were also invited to take part. The evening of dancing and assorted games was enjoyed by all.



Banbury Branch presidency, from left, Norman W. Kapaska, first counselor, Pres. Brian S. Heath, Chester E. Seivert, second counselor and John T. Plester, clerk.

London Stake MIA Leadership Weekend

★ "Just a taste of what it might be like to live in the Celestial Kingdom", said one of the participants during the testimony meeting, which was one of the highlights of the Stake M.I.A. Leadership weekend at the Epsom Chapel on Jan. 19th/21st. He spoke for all 31 M.I.A. leaders, most still young in years, and all young in heart, who took part in this dynamic and uplifting event.

It was mainly a cultural weekend, with drama playing a large part in it, . . . and what a wealth of talent was uncovered! They also danced and sang, and learned to speak more effectively and played minor games, all with an enthusiasm and total involvement that would have to be experienced to be understood.

Beginning on Friday night with Western and English country dancing and ending on Sunday evening with Sacrament meeting, there was not a jarring moment, an unkind word, a task performed unwillingly, an assignment forgotten or neglected. Here truly they were able to see and feel the unity of spirit and purpose, the joy of service, the strength and warmth of mutual affection, at their finest.

Not only were there the big moments when everyone felt a part of every thing, but the small personal pleasures; collecting autographs on the first evening; the charming manners of the young women; the young men, so aware of their Priesthood responsibilities on Sun-

day morning; the sweet spirit as the young women talked about Temple marriage with Phyllis Hart of the London Temple; langhter without vulgarity, teasing without rudeness, all the high standards of the Church exemplified in its young leaders, going forward with confidence tempered by humility, worthy ambassadors of all that M.I.A. stands for.

Many lessons were learned, painlessly and effortlessly, but none more important that this—That we get out of life exactly what we are prepared to put in. Everyone put all they had into this weekend, and all who participated will reap a rich harvest from it for a long time to come.

The instructors were Marquitta Leavitt (dancing), Paul Chamberlain Drama advisor to Banstead and Reigate Youth Committee, Una Budge, (leadership, improvement and speech), Peter Boulter, (minor games) Berdene Farren, (music) and Hal Aannan, (drama). On the Sunday, besides attending the regular Sunday meetings of Epsom Ward, the group held a Y.W.M.I.A. standards meeting with Phyllis Hart as guest speaker, an M.I.A. panel discussion and a testimony meeting at which every person present bore testimony.

The Epsom Ward Relief Society provided the catering and the ward members opened their homes to the visitors. Bill Sheppard, Stake Y.M.M.I.A. activity assistant, organised the whole event.



A happy group at the London Stake MIA Leadership Weekend.

BIRTHS

★ Oct. 26th 1967—To Dennis and Joan Bellamy af Corby Branch, Central British Mission, a daughter, Jane Marie.

★ Nov. 24th 1967—To Robert and Valerie Nicks of Tamworth, Central British Mission, a son, Gary David.

★ Nov. 25th 1967—To Bro. and Sis. George Sloan of Wirral Branch, North British Mission, a son, Paul Francis.

★ Dec. 17th 1967—To John and Lynda Plester of Banbury Branch, Central British Mission, a daughter, Fiona Jane.

★ Dec. 25th 1967—To Bro. and Sis. Edwards of Warrington Branch, North British Mission, a son, Phillip John.

★ Jan. 10th 1968—To George and Mary Stevenson of Banbury Branch, Central British Mission, a daughter Michele Lorraine.

★ Jan. 16th 1968—To Billy and Valerie Hall of Billingham Ward, Sunderland Stake, a son, Mark William.

★ To Michael and Heather Matthews of Hereford Branch, Central British Mission, a son, Ricky Clyde.

★ Bob and Anne Bradshaw, Northhampton Branch, Central British Mission, a son, David Stephen Bradshaw, born 7th January, 1968.

★ To Linda and Ward Rasmussen, a son, Ward Byron, born on Christmas Eve 1967. Ward and Linda (formerly Linda Hart of Crawley Branch, British South Mission) now living in Tacoma, Wash., U.S.A.

ENGAGEMENTS

★ Brother E. G. Bray of Helston Branch to Sister Perry of Exeter Branch, Southwest British Mission.

★ Laura Sinclair of Liverpool Branch and Leo Burgon of Stockport Branch North British Mission became engaged on Jan. 21st. The wedding will take place on March 30th at the Liverpool Chapel, and the Manchester Mormon Choir, of which they are both members, will be singing for them.

★ At twelve midnight on New Year's Eve, the engagement was announced between Christine Stone, daughter of Pres. and Sister Stone of East Hull and Ian Taylor of Rochdale.

Christine and Ian met four years ago when Ian was serving on a Church Building Mission in East Hull.

★ Jacqueline Femary to Gerald Redman of Romford Ward, London Stake, on 1st January, 1968.

25th WEDDING ANNIVERSARY

★ Congratulations to Bro. and Sis. Femary, also of Romford Ward, on their 25th wedding anniversary. A very enjoyable party with Church members and relatives invited, was held in the ward cultural hall.

OBITUARIES

★ George Burns of Middlesbrough Ward, Sunderland Stake, died on Dec. 24th aged 72 years.

★ Charles Henry Calder of Liverpool Branch, North British Mission. Brother Calder had a most varied life, he was an early member of the Liverpool Harriers, and spent some time in Australia. In the first World War he was the only surviving member of his ship, which was sunk by the enemy. He was later ordained a Baptist minister and built a church in Liverpool practically single handed as well as ministering to his congregation. He was converted and baptised into the Church in 1959, and had a fervent testimony of the Gospel. He was also a poet and delighted in giving his verses as a memento of special occasions. Born in 1882 he died on Dec. 25th 1967 after a short illness in a hospital.

★ Winifred Jones of Wirral Branch, North British Mission passed away on Dec. 29th 1967. An article about her great faith and testimony appeared in the January issue of the Star, but unfortunately she did not live to see it.

★ Florence Jane Gowing of Lowestoft Branch, British Mission, died at her home on Jan. 8th 1968 aged 80 years. She was baptised on Dec. 1st 1935, and will be greatly missed by the members of the branch as she was a faithful member and active in Sunday School and Relief Society until a heart complaint prevented her from attending 18 months ago.

She attended Sacrament meetings though until a few weeks before her death. The funeral service was held at the Lowestoft Chapel on Jan. 12th and was conducted by President Coleby. The Relief Society sisters sang "Nearer my God to Thee", and the grave was dedicated by Sydney Coleby, another long standing member of the Church. Sister Gowing was married to James Jasper Gowing and they had one son, and three daughters.

★ Jim Skipper of Billingham Ward, Sunderland Stake, passed away on Jan. 12th 1968.

Youth Meet

★ Some 160 members and friends will long remember October 19, 20 and 21, 1967, the days they attended a youth convention at Pontins Holiday Camp, Barton Hall Torquay.

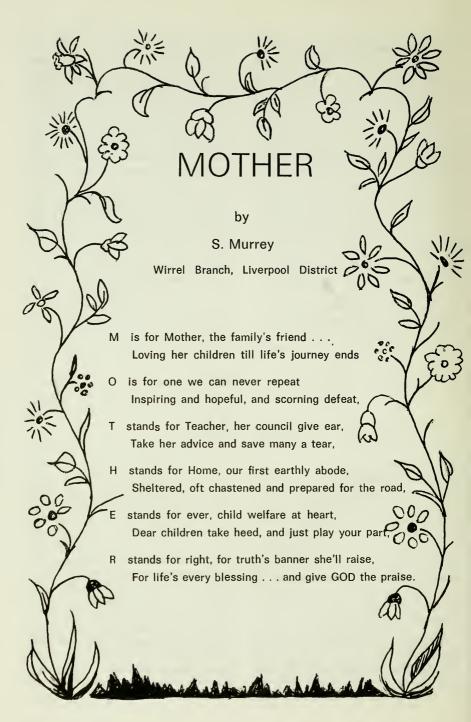
Principally young people, they had a wonderful time participating in the road shows on Friday; games, music, speech and grand ball on Saturday and in a sunrise testimony meeting and general conference meetings Sunday.

Highlight of the weekend was the presentation of the Don K. Archer Cap to Portsmouth District MIA for their efforts during the first year in all facets of MIA.

Special thanks were due to Mr. and Mrs. Brown, managers of the camp, who provided wonderful meals and facilities for everyone.

It was also the first opportunity for many members to meet and become acquainted with Pres. J. W. Child, the new president, and Sister Child. Pres. and Sister Child were the guest speakers at the Sunday sessions.

Bro. and Sister Rudd (Mission MIA) were responsible for the organisation and were well rewarded by the good behaviour and happy faces of those who attended. They are looking forward to the next one which is scheduled next October 18, 19 and 20.





THEMES FOR FUTURE ISSUES OF THIS MAGAZINE

APRIL

EASTER AND THE RESURRECTION

MAY

"SPRING," The opportunity time (the newness of life)

JUNE

ANNUAL GENERAL CONFERENCE REPORT

INTERESTING PEOPLE



Descendants of First English Family

by Gwen Cannon

★ The Sharman R. Stevenson family live in Beaconsfield. They are busy, active members of the High Wycombe Branch. Their presence is felt as leaders

in the various organisations and as supportive members. Brother Stevenson is the Sunday School superintendent, his wife, Mardyne, conducts the singing



The Stevensons are musical and often sing together. From left, Gregory, Jorli, Scott and Bradford with Sis. Stevenson holding Chris.

and is president of the Primary. Joril is the Sunday School pianist and the boys give two and a half minute talks, a sacrament gem or watch the baby while their parents preside.

The Stevensons have called many places home. They have lived in Utah, Texas, Ohio, and Washington in the states to Taiwan and England abroad. Of all their assignments (Brother Stevenson is a Major in the United States Air Force) England has a special significance to them. "It is familiar—the feel, the smell," Brother Stevenson remarked. Familiar it must seem for the roots of his ancestors grew on this green island. "We are purely English," he continued.

He has a special Church legacy in this land, as well, for his great-grandfather, George D. Watt, was the first Mormon convert in England.

It all began in Preston, Lancashire when the Reverend James Fielding made his chapel and congregation available to the first Mormon missionaries to set foot in England. George D. Watt was part of that congregation. He heard the Gospel and said "From that hour, I believed in the mission of Joseph Smith." His baptism was described by Heber C. Kimball.

A circumstance took place which I cannot refrain from mentioning, for it will show the eagerness and anxiety of some in that land to obey the Gospel. Two of the male candidates when they had changed their clothes at a distance of several rods from the place where I was standing in the water, were so anxious to obey the Gospel that they ran with all their might to the water, each wishing to be baptized first. The younger, George D. Watt, being quicker of foot than the elder, outran him, and came first into the water.



Sharman R. Stevenson

Brother Watt's mother, Mary Ann Wood Watt Brown was the first woman to baptized in England on the same day.

The Stevensons have the honour of being direct descendents of the first Mormon converts in England. Their sense of belonging here is valid.

Brother Watt was called on a mission and served in Edinburgh soon after he became a member of the Church. This was the first of five missions he was to fulfill in the years to come, four of them in England. His greatest contribution to the Church, however, was made in phonography or as a skilled writer of shorthand. This, and a gift for writing were his special talents. He said "Let everyone cultivate the gift peculiar to himself; by doing so he will work to fulfill the will of heaven, and gain unto himself glory and honour."

Brother Watt offered his gift to Joseph Smith in Nauvoo to use in whatever way he chose. He recorded many of the prophet's speeches, taught shorthand at the School of the Prophets and enjoyed a close association with the early leaders of the Church.

When Joseph Smith was martyrd, Brother Watt took complete notes of the trial of those accused of the deed. In spite of threats made that he would never get the notes out of Carthage, he did so by giving a page or two to various people to secret away. It is the only official Church record of this event.

Brother Watt was Brigham Young's personal secretary for sixteen years as well as one of the first reporters for the Deseret News. He was responsible for recording and organizing the **Journal of Discourses** so that the members of the Church in out-lying districts could read the words of the leaders.

In later years, Brother Watt was offended by Brigham Young and left his service. Although family records give evidence that he always remained loyal to the Church and that his testimony was steadfast, he was eventually ex-

communicated. It was a tragic event in a life that had been so dedicated to the progress of the Church.

He was not reinstated during his life time, but at his death President John Taylor made a special trip to his home in Kaysville to instruct the family that he should be buried in his temple clothes.

The remarkable part of the story is that throughout this bitter, difficult period, his attitude was such that his wives and children remained loyal to the Church. His posterity of many grandchildren, great-grandchildren and great-great-grandchildren are active devoted members of the Church. Like the Stevenson family they honour and revere his name and are grateful that through him they reap the blessings of the Gospel.

The Stevensons have returned to the land of his birth. They feel a special closeness to Brother Watt in living here. They represent him well, for they too give a full measure of devotion to the Gospel of Jesus Christ.

PRACTICAL
APPLICATION
OF
KNOWLEDGE

"No amount of knowledge, of inspiration and testimony as to the divinity of the work of God will be of benefit to us unless we put that knowledge into actual practice in the daily walks of life. It is not the amount that any individual may know that will benefit him and his fellows; but it is the practical application of that knowledge."

—Heber J. Grant

Katie H. MacQueen

A Stalwart

In Scotland



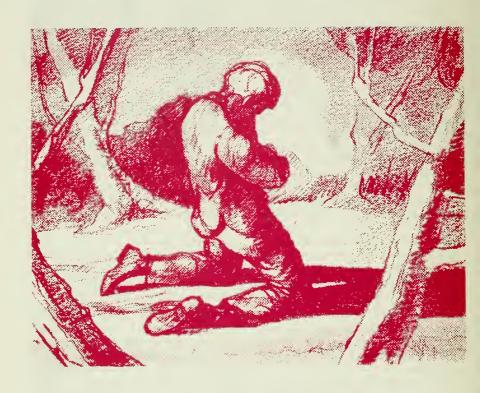
★ At the age of eighty, Katie Mac Queen is a third-generation Mormon. She must be one of the oldest continuously active members of the Church in Scotland.

She remembers, as a young girl, sitting in a large, high-backed chair in a Masonic Hall in Carlson Place, Glasgow. She was listening to a tall, dark, fine-looking missionary preaching the Gospel. It was David O. McKay. She recalls that he returned some years later with his young wife. On another occasion she was asked to take quests home from Church to lunch. They were James E. Talmage and his wife. Few of us have met President McKay and James E. Talmage is just a name to most of us, but Sister MacQueen remembers them and many other high-ranking Church officials

For many years Sister MacQueen lived near the centre of Glasgow. Now, however, development of this section has resulted in her former house being demolished. She is now comfortably residing in an old person's single-apartment flat in Cardonald. Sister MacQueen does not regret the move for she is, above all, a modern. She loves her new centrally-heated flat with all the conveniences.

Although she has arthritis in her knees she walks distances which would make people half her age quoil. She believes that going out and meeting people keeps her young. She loves people, but speaks out vociferously when she feels things are not right. She is entertaining and witty—a grand old lady.

THE SECOND PRINCIPLE



by Gilbert J. R. McCabe

★ We accept as fundamental tenet that Jesus Christ is the only name whereby man can be saved (D&C 18: 23). Adam was taught this by His Father in Heaven as is explained by the prophet Enoch in the Pearl of Great Price (Moses 6:52) as he is teaching his people: 'Jesus Christ, the only name which shall be given under heaven whereby salvation shall come unto the children of men': we need therefore to have great trust in the Lord's atoning sacrifice if the exercise of repentance is to be profitable to our souls.

Alma, the son of Alma, relates his own miraculous conversion in the 36th

Repentance

chapter of Alma. He had been persecuting the Church of God together with the sons of Mosiah. This group was visited by an angel: the effect of his words on Alma ('If thou wilt of thyself be destroyed, seek no more to destroy the Church of God') was such that he remained prostrate for three days. Vs. 12-22 of this same chapter explain the process of repentance as Alma experienced it: he remembered all his iniquities and the 'very thought of coming into the presence of God did rack my soul with inexpressible horror'. For three days he experienced the 'pains of a damned soul."

Amidst this darkness he remembered 'to have heard my father prophesy concerning the coming of one Jesus Christ, a Son of God, to atone for the sins of the world.' This was, as it were, the only ray of light which he could see. He continues: 'Now as my mind caught hold upon this thought, I cried within my heart' and he cried for mercy. He had confidence. like Enos in the Book of Mormon, in a God who could not lie. What prompted both these men to pray was something their father had spoken of: for Alma, it was the atonement; for Enos, 'eternal life and joy of the saints' (Enos verse 3). Alma's mind caught hold on the thought of the atone ment. After Alma had been forgiven his soul was filled with inexpressible joy and he thought he saw Lehi singing praises to God with numberless angels: My soul did long to be there. Here was a great expression of trust which involved repentance.

Enoch in that same chapter (Moses 6) continues about the Atonement: we need to be cleansed by it so that, as he says, 'Ye might be sanctified from all sin, and enjoy the Words of Eternal life in this world, and Eternal life in the world to come, even immortal glory' (reminiscent of Moses 1:39). If we gain a reward in the celestial world then we need to have the Words of Eternal life, and we are taught in Scripture that the Saviour has them. He teaches us in D&C 78:7 that we must prepare ourselves by doing the things which I have commanded you and required of you.' The Saviour repeats in this verse the concept taught elsewere through His prophets, e.g. Amulek that this life is the time for men to prepare to meet God (Alma 34:32). We need to possess the Spirit of God by faith and confidence that His is the True Light so that we might have bestowed on us (this is a reward):

"The love which he (the father) hath bestowed on all who are true followers of his son Jesus Christ . . ." Moroni 7:38 ". . . so that we might have "power to become the sons of God" (D&C 11: 30).

Chance Acquaintance Changed Many Lives

★ My interest in the Church started in the early part of 1920 when George, my eldest brother, made the acquaintance of George Easter who was a member of the Mormon Church. My brother, on investigation, found that he believed the Church to be the only true one and immediately brought this information to the rest of our family.

At first we told him to keep away from the Mormons as we believed that there could be no good in them, but George insisted that we find out for ourselves. My first impression was that they were a good class of people. After four years of regular attendance my parents and I were baptised. My testimony grew and I was given the

priesthood. I served in the M.I.A. and as branch clerk.

I began to court my wife and as she was a non-member I was afraid at first to tell her I was a Mormon but shortly after we were married she came out to Church and I had the honour of baptising her—it was a great thrill to me. We both grew to love the Church and made many friends.

President John A. Widtsoe was president of the European Mission at the time our first baby was born and he came to our house and left his blessing. He ordained me to the Melchizedek Priesthood. He was a great man—his wife was a descendant of Brigham Young.

Testimony



Thomas J. Bourne

We brought our family to Church but when the war broke out I had to work every Sunday—this led to my becoming inactive but not to the loss of my testimony and I was glad when years later my second daughter became interested through the visits of our Home Teachers. The Home Teaching was then done by the missionaries.

My brother George who had first brought the Gospel into our lives had been active in the Church in Canada. When he returned for a visit I was ashamed that I wasn't worthy enough to accompany him to the temple. This became my goal to make myself ready to be sealed for eternity to my family.

By this time all of our family were members of the Church. Stuart who was an apprentice carpenter was asked to serve as a Church builder—and a year later another of my sons, David, was also asked to serve in the building programme.

The Church has brought so much happines through service to our family. My daughter, Iris had married a nonmember but a letter to their mission president in Canada took the Elders to their home the same week—and we were all pleased to accompany them to the temple when they were over on holiday.

Since completing their building assignments our two boys have both met and married lovely L.D.S. girls and have taken them to the temple. I cannot tell in words what the Gospel has done for our family.

I cannot tell how much I missed through being inactive all those years. I must stress to all that have testimonies to keep active and not leave a chink for the devil to creep in. Our family has been blessed in so many ways through serving the Lord. I am grateful that we are one big happy family.

(The second daughter of Brother and Sister Bourne is now married to Bishop Fullwood of the Epsom Ward and they have five lovely children and the youngest daughter is now at Wentworth Castle Teacher Training College.

Brother Bourne now serves the District in Liverpool as Council man and Sister Bourne is first councillor in the Primary. They have both served in every auxiliary in the Church in the various presidencies, and have been a great example of faithful service and ready response to the call of service.)

PLANS TOLD FOR TWO NEW TEMPLES

★ The two new temples to be constructed in Ogden and Provo, Utah, will cost approximately 2.5 million dollars each, according to Mark B. Garff, chairman of the Church Building Committee.

He has announced the two temples, similar in design, will be let for bid early next year with construction to start that spring or summer and completion due within a year.

Architectural drawings of the new sacred edifices were approved recently by the First Presidency of the Church.

The Ogden Temple will be built on Tabernacle Square, the historic section of downtown Ogden, Utah's second largest city. Provo's Temple will be erected on the northeast bench of Provo overlooking the city and the beautiful BYU campus.

Future plans call for construction of Visitor's Centers on both temple sites.

Emil B. Fetzer, Church architect, gave consideration first to the needs of the interior and then designed the exterior to enclose the areas.

Designed with functional aspects in mind the result is a combination of utility, beauty, comfort, efficiency and convenience. The spiritual atmosphere, so typical of the temples of the Church has been retained.

Movement of patrons will be accomplished by means of conventional stair-

ways plus escalators and elevators.

President David O. McKay said the proposed new temples will relieve the pressure on the Salt Lake, Logan and Manti Temples, which account for the major portion of temple ordinance work in the Church.

Church leaders informed that it was felt these new temples will serve the most people. A breakdown of statistics bears this out.

The present Salt Lake Temple District serves 493,473 Church members; the Logan Temple, 159,614 and the Manti Temple, 93,466.

With the two new temples in operation in the temple districts to be created, the membership served will be, Salt Lake Temple, 370,969; Logan Temple, 80,638; Manti Temple, 60,771; Ogden Temple, 115,780 and Provo Temple, 115,891.

The two new temples will bring to 15 the total temples in use by the Church. Utah will have six temples.

Plans call for a basement and three floors above ground. The ground floor will be a square stylobate giving a base for the two upper stories. The exterior will be a modified oval in shape, of whitecast stone, with gold anodized aluminum grilles and bronze glass panels.

A gold-anodized aluminum spire will reach approximately 185 feet skywards.



Analysis Of Church Membership



★ A recent analysis of Church membership discloses that 66 per cent of the residents of Salt Lake County in Utah, are Latter-day Saints and that 71 per cent of the state's population are Latter-day Saints, some 713,784 Mormons.

Acording to the recent membership figures Great Britain has 65,907 members with England numbering 43,713; Ireland, 3,380; Scotland, 16,772 and Wales. 2,042.

Europe has 37,263 members and the Scandinavian countries 20,567.

Surprisingly, the total Church membership in South, Central America

and Mexico exceeds by some 13,000 the membership in Europe, including the British Isles In Europe and including the British Isles, the Church membership is 123,737 compared to the 136,017 in South America, (66,729) Mexico (49,524) and in Central America, (20,764).

The 1966 Church membership report shows a grand total of 2,483,038 members.

Islands in the South Pacific account for 85,295 Latter-day Saints. Hawaii is counted as a separate state (49th state of the United States) with a membership of 22,249.

Children Encouraged To Submit Items For Their Page

★ Printed herewith on the next two pages are drawings submitted by John Purser, 10-year-old son of Bro. and Sis. Arthur Purser of Hemel Hampstead. The Pursers attend the Luton Ward of the London Stake. Bro. Purser is general secretary to the Aaronic Priesthood Adult.

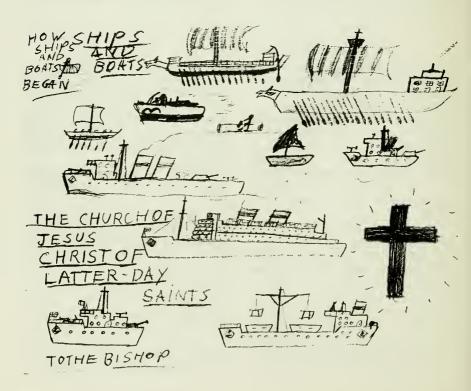
These two drawings are being printed since they are the first that have been submitted in the Millennial Star's

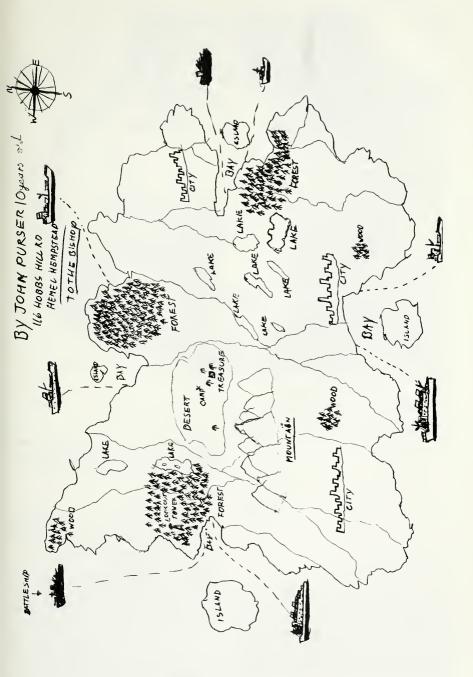
programme to encourage children in these endeavors.

The editorial staff of the Millennial Star hope that other boys and girls will submit drawings, poems, riddles, games, crossword puzzles and even recipes, hobbies and stories.

All such material should be sent to Gwen Cannon.

"Bywood" Nightingales Lane, Chalfont St. Giles, Bucks,





Conversion

A testimony?
I've not one—
And mock I those who do!
False claims that render
Hoax on believeing innocence.
For what good?
Nay not in this wicked world.
Those pseudo-spiritualists
Who cry, unto those more righteous,
Of Faith, Repentence, or Die!

But now my cold heart yearns
My mind not now repulsed begs—
To hear what is said.
How my soul must have been dead!
How long sleeping have I been?—
Now I feel my heart awakening
Yea, the voice I once laughed at
Now whispers softly in my ear—
"Go listen, tis the Truth you hear!"
The truth? What is this strange sound?

Ha! I scorn and shun in contempt
The emotional display
Of sarcastic, homesick boys,
Who plead in mockery for members
To join the happy throng, where
All is well and none go to hell.
Hysterically, I laugh and
Pass quickly the fleeting thoughts
As my mind turns to listen
Listen? Nay—never will I!

Who speaks the truth in perilous times?
Who speaks of love with a world at war?
Tell me more that I might know!
Look at me!
Begging!
Shedding tears!
Actually crying after so many years?
How warped must I have been
To once question and mock
But now I believe—
Nay! . . . I KNOW !!

written by Suzann Perry

(Miss Perry recently served in the North British Mission. She has returned to her home at 788 N. 800 East, Provo. Utah, U.S.A. She sends her best wishes to her many friends in Great Britain.)



It's A Miracle

Ву

Elder Frank V. Leifson

★ Printed herewith is another winning short story submitted in the Millennial Star 1967 Short Story Contest recently concluded. This story was written by Elden Frank V. Leifson, a missionary in the British Mission.

Other selected short stories submitted in the contest will be published in future issues of the Millennial Star. The top two stories were published in the February Millennial Star. Third place winner in the contest is also published in this issue, on page 18.

★ The quiet calm of sunrise on a peaceful summer morning was broken

as piercing screams of pain resounded from the nursery. An ever-watchful mother bolted upright in her bed as the cries reached her ears. With a mother's sensitivity, she 'recognized that these were not just cries of hunger coming from her three-month-old, first-born son. And as she reached his bed-side, seeing the tiny twelve pound frame writhing in agony, she knew immediately that something was seriously wrong.

A worried father was by her side. Also seeing his young son lying there, and then catching the look of helplessness on his wife's drawn face, he dashed for the telephone. The family doctor was called. Upon learning of the situation, without hesitation, he said that he would immediately leave for the home. This seemed quite unusual as the small-town doctor was not in the habit of making house-calls, especially at such an early morning hour.

The doctor made a quick but searching examination of the wriggling baby, then walking over to the telephone, asking the operator for the county hospital, some fifty miles away. The parents, holding each other close in shaking arms, listened to the doctor's words. "This child must be operated on just as quickly as possible. I cannot perform it myself, we must get a specialist—a good specialist." Arrangements were made. The three-month old infant was to undergo major surgery.

The doctor advised taking the child to his small office where the necessary X-rays could be taken and the available information compiled for the operation. Thus precious seconds could be saved. As the infant lay on the X-ray table—still screaming at the top of his tiny lungs, for his terrible pain had not dim-

inished—an aunt and uncle entered the room. The mother, looking up from her heaven-sent child, realized that a greater physician was going to be needed. So, with all the deep and trusting faith that her anguished heart held, she asked the uncle to excercise the Priesthood, which he held and honoured, and administer to her child in need.

With the uncle as mouthpiece and a grandfather assisting, the child was annointed, and a most beautiful prayer for it's life was offered. As Divine assistance was being called upon, a warm and wonderful spirit filled the room, and immediately the child's cries were silenced. From that time on he cried no more.

The X-rays were developed and the doctor said, "Just hurry, if he is not operated on soon, it will be too late. I'm sorry this had to happen to you two." With this ominous warning, the couple Whisked their child into an awaiting car. As the small group drove away the doctor turned to his nurse and sadly said, "They will never bring that baby back alive."

With the anxious father behind the wheel, the child in his mother's arms, and grandparents holding the X-rays up to dry, all speed limits were forgotten as the fifty miles to the hospital were covered. Assistants were awaiting them at the hospital when they arrived. And as the child was taken from it's mothers arms, she took a last fleeting glimpse of the child, not knowing if she would see her baby alive again.

The specialist walked in to ask a few final questions to the parents, "We have never heard of this happening to a baby this young," he said, "He is so

Temple. Golden Age Programme

★ NOW that the TEMPLE is OPEN on MONDAY, WEDNESDAY, THURSDAY and SATURDAY, and on TUESDAYS as per programme, we are introducing our

GOLDEN AGE PROGRAMME

We invite those of our brethren and sisters who have reached pensionable age to spend an enjoyable holiday at the Temple. We realise that this will involve considerable expense and are therefore prepared to pay an éndowment allowance as follows:

Mar/Oct 4/- Nov/Feb 5/- for all Missions and Stakes plus a bonus of 17/6d. for each fourteen endowments performed

Based on accommodation rental at Edenbrook of £2 15 0d. per person per week and taking into account the cost of clothes hire and meals at the Temple, if your stay is of four weeks duration, then all expenses, including travel expenses will be met from the allowance.

The following example may be of help to you when planning for your Golden Age holiday:—

4 weeks accommodation at £2 15 0d. per week	11	0	0
4 weeks clothes rental at 2/6d. per week		10	0
4 weeks food at 4 lunches and 2 teas at 2/6 each	3	0	0
Total	14	10	0

The above is the cost to you (excluding of course your fares and food when not at the Temple), and below is an example of the amount in allowances you can expect to receive:—

4 weeks at 14 sessions per week-

Bonus	56 at say 4/– per session — 4 at 17/6		4 10	_
	Total	14	14	0

We are also prepared to make the following travelling allowance based on a minimum of 14 endowments per week for a maximum of 4 weeks:—

Up to	50	miles from	Temple	7/6 per week
**	100	**	**	14/- ,,
**	150	**	,,	20/- ,,
**	201)	••	,,	25/- ,,
**	250	**	,,	30/- ,,
**	300	,,	,,	35/- ,,
,,	350	••	,,	40/,
**	400	,,	,,	45/- ,,
Over	400	.,	.,	50/

If you need any further help at all please write to the Temple Presidency or ring LINGFIELD 2759.

DO NOT MISS THIS GOLDEN OPPORTUNITY.

Continued from page 72

small to operate on. He may survive the operation but he'll never be able to survive the anaesthesia." He left giving them his promise, "I'll try my best."

They were left standing. Their only comfort was prayer, which they did unceasingly, for they knew that their precious child was in God's hands now.

Much to the amazement of all, the young child survived the operation. "He came through it quite well," the doctor commented afterwards. But the condition was still extremely critical. "When are the visiting hours?" they asked. "There are none," was the cold reply. Five long, prayerful days passed. Finally, on the sixth, the mother was allowed to sit by her baby. First, she was clothed in white, sterilized clothing, and cautioned as to what she could not do. Then she was led into the room. The sight that greeted her wasn't at all pleasant.

There the little child lay; his tiny tummy was covered with a huge bandage, several tubes protruding through it. His little leg was cut at the ankle to allow a tube for intra-veinous feeding; blood plasma was being fed through a tube into his arm. Oxygen was being pumped through a tube in his nose. The

little guy was strapped and tilted on his bed to allow the anaesthesia to drain from his lungs, and a steam tent covered all of this to prevent pneumonia from developing. Not a pretty sight for her, but her boy was alive. She thanked the Lord for this

As she sat at her child's bed-side, the door opened allowing entrance to an instructor and his class of student doctors. They stood around the bed as he lectured about the infant patient. His technical terminology was beyond the sweet mother's understanding, but she did understand perfectly when he commented, "This is truly a step forward in medical history. Never before has a child this young survived such an operation. It is a miracle that this baby is alive today."

A thankful smile appeared on the mother's face, as she looked upon her son. She knew that a miracle had been performed. But something the doctor's did not realize, was that medical science alone, had not preserved her child's life. Her boy was alive, and that tiny twelve pound body would grow to manhood, because God's Priesthood, the power and authority to act in His name, had been restored to the earth. That Priesthood was used, a miracle was performed, and that tiny child, now a man, is alive today.

Christmas-Tide Travellers Bring Stir In British Mission

★ A group of seven British Mission missionaries had the opportunity of proselyting and communicating with members on a little different basis during the Christmas season.

Chosen as a travelling touring company from among the variously talented two hundred in the mission were Marlyse Bonny, Mary Elizabeth Ellis, Carma Marie Moor, Stanton Finley, Joseph Acel Hall, Gordon Harkness, and David Van Alstyne.

With the support of the mission parents, President and Sister Reed E. Callister, and Elder Stephen Hill's technical assistance the small group was able to prepare a programme which would run the gamet of excellence.

Two and a half full weeks took these "Christmas-Tide Travellers" from Norwich to Hastings—London to Southend the length and breadth of the British Mission. Wherever they went the evening was filled with dancing and laughter, song and solemnity, hailing the advent of the joyous and sacred season.

The audiences unreservedly acclaimed the young people for their delightful talents which ranged from Elder Van Alstyne's original musical compositions,



British missionaries in the finale of Christmas-Tide Travels presented before 15 audiences during the Holiday Season. From left, Mary Elizabeth Ellis, Carma Marie Moore, Marlyse Bonny, Gordon Harkness, Joseph A. Hall and Stanton M. Finley

A DOCTOR SPEAKS OUT ON FASTING AND WORD OF WISDOM

by

Dr. Okon Tom Nkere Uwem, M.B. B.S. (London)

of the South London Ward, London Stake at a recent Sacrament Meeting

★ It is a great pleasure to say a few words to you on Fasting and the Word of Wisdom.

Fasting may be defined as the voluntary self denial of food and drink. Contrast this with starvation which is hunger resulting from shortage or absence of food. The human body has been recorded to do without food for as long as 50 days. It can do without water for a much shorter period, depending upon the climate and the environment. In a hot desert the body can only survive without water for about 36 to 72 hours. The vital and indispensable needs of the human body are air, water and food, in that order. If anybody stops breathing for five minutes he is dead.

In fasting, the body functions at the expense of stored substances taken from the tissues. The food we eat consists of carbohydrates (starch and sugar) proteins, fats and mineral salts. The carbohydrates are converted into sugar in the body; this is called glucose and is stored in the liver as Glycogen.

The proteins from meat are used in

building tissues like muscles, and fats like butter and margarine are partly stored and partly used in building tissues. During fasting, the carbohydrates are first utilized, then fat is oxidised and finally muscle protein is digested. Storage fat is the principal source of energy in fasting. This is why people lose weight in prolonged fasting.

At all times, during fasting or not, the level of sugar in the blood is carefully maintained between 80-120 mgm/100 ml. If blood sugar falls much below 80mgm/100 ml. the patient goes into a state of unconsciousness.

Spiritual Significance

I believe that moderate fasting has a beneficial effect on the life processes of the whole body. It may be compared to overhauling a machine. It also rests our digestive system and the glands associated with digestion. It doubtless has great spiritual significance, since all the major religions of the world practice fasting.

The Deseret Club in the University of Oxford

sponsors on

March 29, 30 and 31

at Leicester Stake Centre, the first
British

National LDS Student Convention

for all LDS involved in full time Further Education, e.g. university, C.A.T., college of education, etc

for details, wait for the story in the February 'Star', or—and this is a good idea—write to us for details of our programme price and point (and that's important: once you see it our way, you're bound to want to come); write, that is, to:

Continued from page 76

Our Lord Himself fasted for 40 days and 40 nights at the beginning of His ministry.

I would, however, sound a note of caution. If any brother or sister suffers from diabetes and has regular injections of insulin, or suffers from liver disease, he or she should not attempt fasting.

The Lord forbids all saints from drinking alcohol, smoking tobaco, taking hot drinks.

All of us will agree that the consumption of alcohol is a menace to the health and peace of society. I have worked in the casualty departments of several hospitals. Often I treat people who have been involed in "punch ups" after drinking. Some have severe cuts. Some have put their hands through glass windows when drunk; others beat up their unfortunate wives. . .

Affects Brain

The main site of action of alcohol is on the brain where it depresses the cells of the cerebral cortex and causes diminished responsibility.

Alcohol clouds the senses, it numbs the frontal lobes of the brain which is concerned with critical judgment.

Alcohol causes dilatation of the blood vessels in the skin causing loss of heat from the body and in cold weather predisposing to cold and pneumonia.

Alcohol causes accumulation of fat in the liver and causes a condition called cirrhosis of the liver, which is ultimately fatal.

Alcohol increases the pulse rate, i.e. makes the heart beat faster, it also raises the blood pressure, may cause acute erosions, gastritis with bleeding.

Taken in large quantites alcohol takes away appetite for food.

Tobacco Causes

Now some thoughts on tobacco which contains nicotine and some tar. The following conditions are associated with smoking:

Cancer of the lungs or airways (carcinoma of the bronchus).

Smokers cough.

Coronary heart disease, commoner in smokers.

Peptic ulcer—ulcer of stomach or duedenum.

Chronic bronchitis.

Amblyopia-eye disease.

Thrombo-angitis.

Obliterans—blocking of arteries, commonly of the legs, may lead to amputation of leg.

Pure nicotine extracted from tobacco and injected into an experimental animal causes stimulation of the central nervous system, tremors, quickening of the pulse, convulsions or fits.

Tea and Coffee

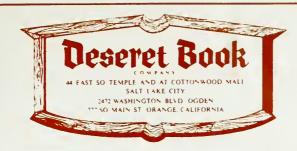
A thought or two on tea and coffee.

Tea contains caffeine. Pure caffeine extract stimulates the central nervous system, may cause anxiety, tremors of hands. It increases the pulse rate, the heart beats faster, but decreases the flow of blood through the brain. If pure caffeine extract is injected into a vein it must be given very slowly or it may cause sudden death.

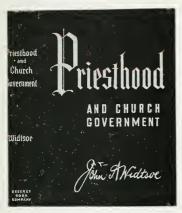
Before I joined the Church I avoided coffee because it made me nervous and kept me awake at night.

Some people find that if they take tea after meals they get constipated.

We also have it on the authority of the Apostles of the Church that these things pollute our spiritual temples.







☆

Priesthood and Church Government

By John A. Widtsoe

First written under direction of the First Presidency, it has been revised and brought up to date by the General Authorities. It fulfills a need for a general and permanent guide and reference book on Priesthood and its functions.

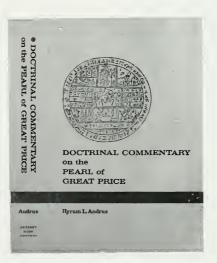
27/3 + 2/- p.p.

Doctrinal Commentary on the Pearl of Great Price

By Hyrum L. Andrus

A significant volume of commentary dealing with the teachings of the Pearl of Great Price and supporting scripture. Particularly interesting in light of recent findings of some of the papyri from which the Pearl of Great Price was translated.

41/6 + 3/- p.p.



Obtainable from:

DESERET ENTERPRISES LTD., 288, London Road, Mitcham, Surrey

A DOCTOR SPEAKS

Continued from page 78

St. Paul said, "Know ye not that your bodies are temples of the Living God?" There may be more ways in which these substances are harmful to the body of man than is known at present.

I leave you with the promise made by the Lord Himself:

"And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; and shall find wisdom and great treasures of knowledge even hidden treasures."

"And shall run and not be weary and shall walk and not faint;

"And I the Lord give unto them a promise that the destroying angel shall pass by them as the children of Israel, and not slay them."

CHRISTMAS-TIDE TRAVELLERS

Continued from page 75

to Elder Harkness's heart melting vocal solos. There were no stars in the show, but each member participated in various ways. The group melded from Elder Finley's Solo guitar, all-male quarqtet numbers, to rousing, full cast, song and dance numbers such as "That Man Over There is Santa Claus."

Stirring the hearts of each of the fifteen different audiences was the last segment of the show in which a pageantry of the Lord's Mission was presented in song and in accompanied narratives chosen from the Bible and the Book of Mormon. The electrifying ending closed with the testimony of Sidney Rigdon and the great prophet Joseph Smith, that Christ lives, that He rules on the right hand of God, that He is a reality today!

For the last two months President Callister has had letters pouring into his office telling of the effect and impact the show had on people. One such letter read:

"There are many ways of saying the same thing and we think this (show) is one of the most delightful . . . ways of presenting the gospel . . . (and) of breaking down some of the barriers that folkes put up . . . We certainly hope that these shows can be presented more often."

The most happy news is that the momentum of the show has brought a number of investigators to the waters of baptism. A whole family will soon come into the Church as a result of just one tract left in a hospital; for in addition to night auditions, the "Travellers" daily visited hospitals, leaving behind Christmas greetings and a message of gospel restoration — What better news at any season!



